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JULY/AUGUST 2020

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DELICIOUS MELON SALADS

NEW WAYS TO LOVE:
Zucchini, Eggplant & Tomatoes

2020 American Food Heroes

This year's leaders are feeding the hungry, reducing waste, creating opportunities for lobstermen & more.

PAGE 90

TEST KITCHEN TASTE TEST: Meatless Meats

IT'S LIKE A DELICIOUS PRETZEL BUT 2D

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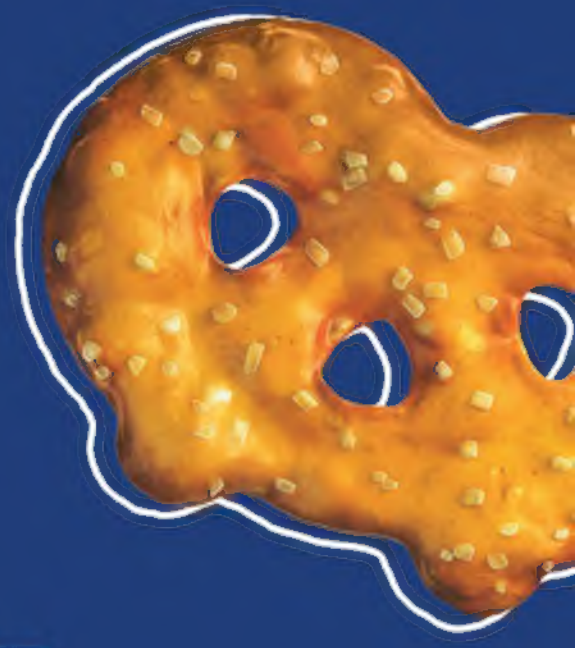
DIP OR NO DIP

THEY'RE FLAT OUT DELICIOUS



FIND US IN THE DELI

FEATURES

66

Go Ahead, *Relax*. It's Summer.
There's no reason to get bogged down cooking a big meal. Instead, embrace the *apéro*, a moment in the evening to unwind, sip a cocktail and have a light bite.
By Stacey Ballis

72

Where's the Beef? And more observations from 30 years of burgers.
Our big 3-0 anniversary is coming up in October. To get the party started we dove into the archives to see what the most iconic of summer foods can tell us about what makes this magazine tick.

80

The Fruit of His Labor
By growing-his-own on a farm nestled in a national park, this chef has the ultimate connection to outstanding ingredients.
By Jillian Kramer
Recipes by Ben Bebenroth

90

2020 American Food Heroes
Our fourth annual list of people who are changing the food world in innovative and meaningful ways. Each of these visionaries exemplifies what's possible when passion meets action.

Goat Cheese Canapés with Peach, Sage & Prosciutto
PAGE 70

COVER:
PENNY DE LOS SANTOS
STYLING: JUDY HAUBERT
RECIPE: PAGE 50

THIS PAGE:
ANGIE MOSIER
STYLING: JENNI RIDALL

DEPARTMENTS

4 Editor's Letter
6 Chatter
107 Recipe Index

9 Good Life
Meet one of the gals behind the garden-to-glass cocktail movement (and her chickens) *here* and on page 9. Plus, how to compost like a pro *(p.18)* and 4 surprising health benefits of sunlight—and what to know about soaking it up safely *(p.22)*.

27 Dinner Tonight
We've got the summer salads you want to eat right now *(p.28)* along with five grilled recipes for nights when you have no time or inclination to heat up the stovetop, like Grilled Flank Steak & Corn with Green Goddess Butter *(p.33)* and Curried Grilled Sweet Potato Wedges *(p.37)*.

47 Summer Table
Easy ideas and recipes for dining al fresco. Pour a glass of rosé and dig into our cover recipe, Blended Burgers with Quick Pickles *(p.50)*, or try Slab Tomato Tart with Burrata *(p.54)*. To finish: Olive Oil & Rye Chocolate Chunk Blondies *(p.56)*.

59 Good Food Fast
Five fast smoothie recipes (and more mix-and-match ideas). We also taste-test plant-based burgers—see the winners on page 62—and show you how to whip up 6 fast dishes with a pouch of precooked quinoa *(p.64)*.

103 Well Seasoned
The latest freezers dispense way more than basic cubes (we're talking craft ice, baby). And our Test Kitchen teaches you how to make crackers and get rid of pesky fruit flies *(p.105)*.

108 Food with Purpose
See how urban gardens are helping Detroit's residents eat healthier.

@DRINKINGWITHCHICKENS

a fudge brownie center in every bite

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Heroes at Work

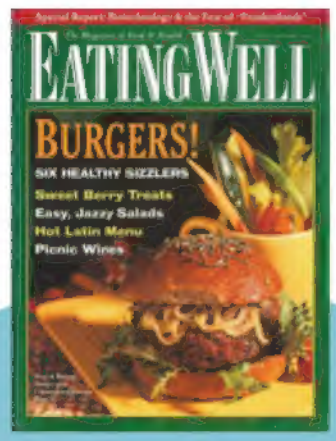
Each year we solicit input from readers like you, as well as from experts around the country, and then select the top change-makers who are working to improve food in America. This issue marks our 4th annual list of American Food Heroes. We look for people who are asking the big questions and shaking things up. When this happens in behemoth companies where you'd least expect it, even better, because that means BIG impact, like cutting 265 billion milligrams of sodium from the American diet. In some cases, the heroes may be starting small, but their ideas have so much potential—from incentivizing farmers to reduce carbon in the atmosphere to finding an alternative to single-use packaging—that we can't ignore them. Each time we select and report on these winners, I am blown away by the stories.

I don't want to give away too much right here. (Turn to page 90 to read about them.) But I do want to take a moment to thank the *other* food heroes. I'm talking about all those people who have worked to keep us safe and nourished throughout the coronavirus pandemic. Even the grocery store has become a spot for heroism. I know I have felt nervous threading through the aisles—mask on, gloves on, homemade sanitizer in my pocket. I appreciate everyone who has been showing up to work the registers, stock the shelves and answer questions.

At food banks and soup kitchens, teams have been boxing up groceries to meet the unprecedented demand that has accompanied millions of jobs lost overnight. School-cafeteria workers have quickly invented a new playbook, yellow school bus delivery included, to continue to serve meals to kids who need them. These heroes also include the people who are in Immokalee, Florida, to pick fruits and vegetables, those working the line in meat-processing plants, dairy farmers struggling as milk prices crash and small-scale vegetable growers here in Vermont who have lost access to restaurants and farmers' markets to sell their goods.

Chefs and restaurant employees have been hit as hard as any sector by the shutdowns. But many have pivoted and harnessed their passion for nourishing people, whether via takeout meals, selling shopping bags of goodies from their network of vendors or even packaging meal kits to recreate their dishes at home. And then there's chef and activist José Andrés. He made our American Food Heroes list in 2017 and with the many disasters his nonprofit, World Central Kitchen (WCK), has tackled (from Puerto Rico to Mozambique to the Bahamas) he could easily have been on it every year since. During the current crisis, WCK has brought together chefs and workers from more than 1,000 restaurants to use their shuttered businesses to cook and serve meals to those in need.

Finally, I do want to end on an up note: summer is here. For those of us who love to cook, it's the best time of year, given all the ingredients that are at their peak. And because the world remains a little scary and crazy, that's all the more reason to take joy in the small moments. Mix a Spicy Tomato Vodka Soda *(page 10)* and sip it in the late afternoon sun. Slice a honeydew melon, inhale its flowery-ripe scent and dress it with lime juice, fish sauce and Thai chiles *(page 28)*. Watch Brie as it melts over grilled chicken breasts topped with juicy peaches *(page 38)*. Savor each day.



EatingWell is turning 30 years old in October. And we're celebrating, starting this month with a look back at how we've sizzled up delicious burgers over the years. Check it out on page 72.

Jessie Price
editor@eatingwell.com

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the kind of good that gets the grill going again

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WE ASKED YOU:

What's your favorite thing to make with zucchini?

My parents grow them the size of baseball bats ... so **I grill those with lemon, olive oil, salt & pepper.** *—happyhealthyandwiser*

Chocolate zucchini cake. *—everyday toddleractivities*

Sauté till jammy, serve over pasta with lemon, pepper flakes and lots of Parm. *—sophie_j89*

A Mexican dish we call calabacitas—it's like ratatouille, but with Mexican spices, chiles, onions, tomatoes, cheese ... yummy. *—molinarleblanc*

Garlic-sprinkled zucchini fries in the air fryer. *—bellae0014*

Zucchini coconut curry. *—thevegtickle*

Hummus naan pizza with grilled zucchini and summer squash. *—melindaemma*

A **zucchini skillet** with ground sirloin, onion, tomatoes and sliced zucchini seasoned with chili powder and Tabasco. Top with Parmesan; serve with crusty bread, so good!!!! *—middle_sister802*

» Get more delicious zucchini recipes at ***eatingwell.com/zucchini***

WHAT'S TRENDING ON

EatingWell.com

1 Grow Microgreens The first shoots of salad greens, such as arugula, microgreens are more nutrient-dense than their adult versions. Learn how to sprout your own and use them in recipes, like this Big Beautiful Summer Salad (*left*). *EatingWell.com/Microgreens*

2 7 Snacking Habits to Stop Neglecting carbs? Drinking fruit juice? These are two of the eating patterns we say: squelch. Find out the rest at: *EatingWell.com/SnackHabits*

3 30-Day Back to Healthy Challenge We could all use a reset sometimes. Get simple, healthy recipes along with exercise and self-care tips at *EatingWell.com/HealthyChallenge*

THE EATINGWELL GOOD-LIFE GURUS

Follow these Instagrammers—as well as our column, ThePrep—and you'll be meal-prepping like a pro in no time.

@Sweetpeasandsaffron
Blogger Denise Bustard says she loves meal-prep because it saves money and time, wastes less food and encourages healthier eating. A tasty sampling from her hundreds of make-ahead recipes: Fruit on the Bottom Overnight Oats, Honey Sesame Chicken Lunch Bowls and Summer Couscous Salad.

ThePrep
This weekly *EatingWell.com* column (and newsletter), written by Victoria Seaver, M.S., R.D., gives you everything you need to make meal planning seamless. Think: step-by-step recipes along with real-world advice. Meal-Prep Lunches Made Easy by Trader Joe's, anyone? *EatingWell.com/ThePrep*

@Workweeklunch
New Yorker Talia Koren turned her meal-prep blog and Instagram feed into a subscription service *(workweeklunch.com)* to help those of us who like the idea of meal-prep but don't know where to start. For $8 a month, subscribers get a custom meal plan and grocery list, plus recipes for each week. And if you don't need the extra guidance, following her on Instagram will give you an endless stream of meal-prep inspo—for free.

What's your favorite *EatingWell* recipe of all time?
Hover your phone's camera over this smart code to tell us for a future issue.

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GOOD LIFE

FRESH IDEAS FOR EVERY DAY

Yes, That's a Chicken. And a Cocktail.

Award-winning cocktail maven Kate E. Richards—whose Drinking with Chickens Instagram feed always makes us smile—spills on her garden-to-glass life with her brood.
By Kimberly Stevens

On any given night, you'll find Kate E. Richards sitting with her husband, Jonathon, in their lush Southern California backyard, drinks in hand, watching a lively gaggle of chickens clucking, bobbing and wandering gawkily around their dedicated chicken garden, clearly sensing that it's 5 o'clock somewhere. "Watching chickens is endlessly fascinating," says Richards. "It's a great way to finish a long day and it always feels a little festive."

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Richards has played a pivotal role in the garden-to-glass cocktail trend, turning her favorite backyard activities (chickens+gardening+drinks) into an award-winning blog, an Instagram account with more than 60,000 followers and a book: *Drinking with Chickens: Free-Range Cocktails for the Happiest Hour.* She makes her beautifully composed drinks with ingredients from her "kind of wild and unkempt" vegetable and flower garden, which evolves with the seasons and spills over with grapefruits, limes, lemons, ground cherries, tomatoes, passion fruits and peppers, as well as herbs like lavender, lemon balm, borage, several varieties of mint and edible blooms—bougainvillea, roses, honeysuckle, chamomile, pansies and nasturtiums.

So, what does Richards like to drink? She's a big fan of the mai tai and has created a recipe for each season—including a Cutting Garden Mai Tai garnished with edible flowers. Other summer specialties: a pisco sour with cherries and lavender and a Borage + Lemon Gimlet that uses both the leaves and blossoms from the plant. "Borage has an intense cucumber flavor that pairs well with gin, and it grows like a weed," she says.

A former floral and event designer, Richards switched gears in 2008 when she and her husband bought their circa-1908 bungalow fixer-upper in Pasadena. As a child growing up in the beach cities, she had animals but never chickens. "We were finally in a place that allowed them and I couldn't wait," she says. (The couple also has three dogs, four cats and a "potty-mouthed parrot.") At first, Richards' blog was mainly focused on her house renovation, but then she began incorporating the chickens and expanding the cocktail garden. "Suddenly it all came together and became my focus."

She's quick to tell you, however, that she's not a professional mixologist. "I'm definitely the black sheep of the garden-to-cocktail movement," Richards says, explaining that she wasn't taken seriously at first. "But I think people in the bar industry are finally accepting me."

Her star chickens—all different breeds—include Spork, Princess Vespa and Corn, although other players rotate through her offbeat cocktail narrative, which behind the scenes often ends up with a spilled drink. "Chickens are funny," says Richards. "They pop up where they're not supposed to be. They're awkward, yet have attitude, and they seem to love the attention. Plus, chickens make everything a hell of a lot more fun."

SPICY TOMATO VODKA SODA

Richards gave EatingWell *a recipe for you to mix up that she says is equally good for happy hour or brunch—fowl or no fowl.*

TOMATO-INFUSED VODKA: Combine 2 cups **vodka,** 6 halved **cherry tomatoes** and ½ **jalapeño pepper** in an airtight container. Store in a cool, dark place for 5 days, shaking daily. Strain before using.

FOR THE COCKTAIL: In a tall, chilled glass, combine 2 oz. **tomato-infused vodka,** ½ oz. freshly squeezed **lemon juice,** 3 thinly sliced **cherry tomatoes** and 5 thin slices **jalapeño.** Add ice and top off with **seltzer.**

MAKES: 1 cocktail • **NUTRITION INFO:** page 107

THIS PAGE & PREVIOUS @DRINK NGW THCHICKENS

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Power Couples

Boost your fitness with workouts that complement each other. **By Cindy Kuzma**

Obsessed with cycling? Adore weight-training? Congratulations on finding a workout you love. But if your routine is one-note, you're likely missing out on a whole symphony of benefits that other types of exercise offer. It can even be harmful. "Doing the same thing all the time can be hard on your body," says Chris Gagliardi, an American Council on Exercise-certified health coach and personal trainer. Mixing it up with a different workout a few days a week creates a well-rounded program that works all your muscles, addresses imbalances and helps prevent injury. Here, three exercise pairings that go particularly well together.

Cycling ⟷ Yoga

Yoga works wonders for flexibility and strength, but it may not get your heart pumping hard enough, says Gagliardi. So pair your practice with pedaling, which will boost your heart rate and benefit your cardiovascular system. Cycling also works your hamstrings (which many asanas don't target) and gives your upper body and back (places all those Sun Salutations do tax) a break. Try a spin class, or hit the trail or road, where you'll reap the mood-boosting benefits of nature too.

Meanwhile, yoga poses strengthen the back, core and upper body—areas that cycling tends to neglect. What's more, the deep breaths and mind-body connections provide a good balance to the blaring tunes of a spinning class, and can help you stay centered while navigating traffic on road rides.

Swimming ⟷ Plyometrics

Hitting the pool offers a total-body workout that boosts cardiovascular fitness and protects against chronic conditions like diabetes and heart disease. But there's one component it lacks: impact. Because of that, it doesn't help you maintain strong bones the way weight-bearing exercises like walking and running do. The ideal solution? Balance swimming with explosive moves like box jumps, skips and bounds. These exercises can be intense, so start small and then progress. For instance, practice side lunges, then work your way up to side-to-side hops.

And if weight-bearing plyo moves are already part of your regimen, make some of your leaps in the pool. There, the supportive nature of water can give joints a break. Plus, it'll help you hit your cardio targets.

Running ⟷ Strength Training

The constant pounding of shoes on pavement leaves runners at risk for overuse injuries like Achilles tendinitis and runner's knee. Doing leg and core exercises, such as squats, lunges and crunches, can reduce your risk of these ailments by making your muscles, joints and connective tissues stronger and more resilient. Add in moves to tone the upper-body muscles that running doesn't target, as well.

On the flip side, there's good reason for those who hang out near the weight rack to venture toward the treadmills, Gagliardi says. Resistance training typically doesn't get your heart rate up enough to count toward the recommended 150 weekly minutes of moderate-intensity cardio. Because running is so vigorous, you can get by with just 75 weekly minutes of huffing and puffing.

ILLUSTRATIONS BY TRACY WALKER

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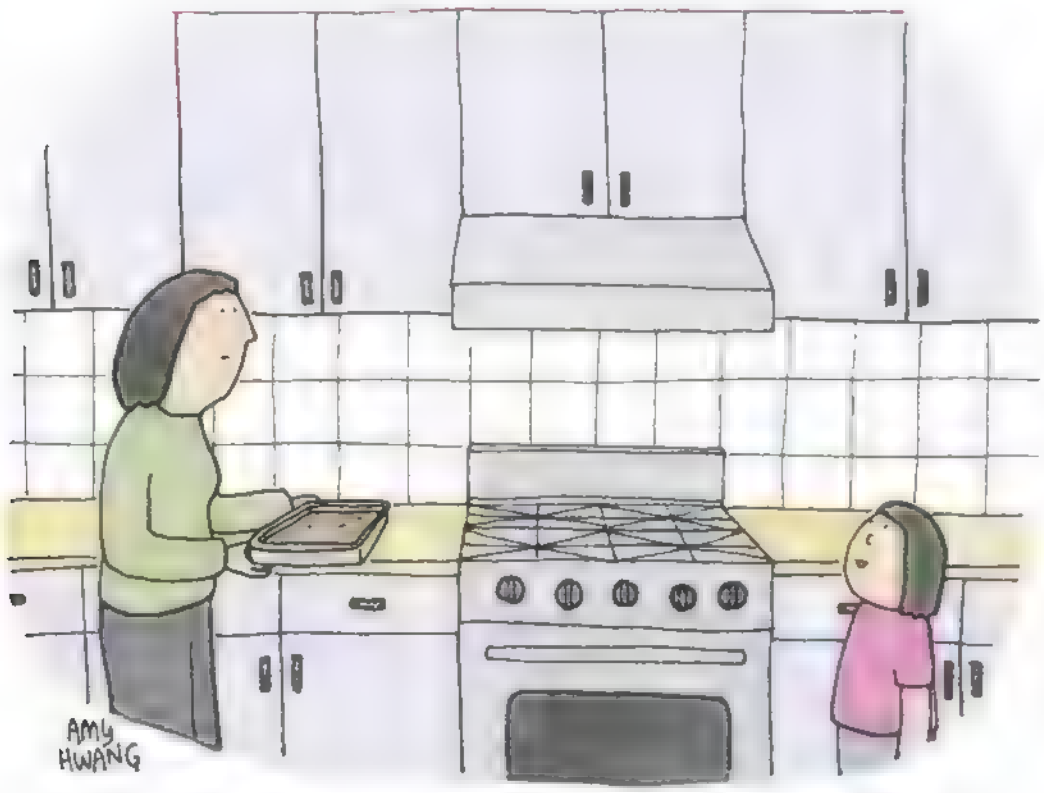
The Joy of Cooking with Kids

Parenting experts tell you that baking cookies and preparing meals with your children is a bonding experience that teaches them all sorts of vital life lessons—ones that will help them become better human beings with sophisticated palates. Allow me to share some of the gems my kids have learned. **By Shaun Dreisbach**



"IF WE DOUBLE THE TEMPERATURE, IT'LL BE FINISHED IN HALF THE TIME."

It's important to know where your food comes from. Sustainably sourced? Seasonal? Sure, but it's about so much more than that! Several years ago on summer vacation, my then-7-year-old watched in horror—her face a perfect replica of *The Scream*—as I dropped several dozen crabs into a giant pot of boiling water. MONSTER! How *could* I? We'd caught those crabs ourselves in the ocean! She'd spent the afternoon watching them skitter around in her sand buckets! She'd *named* some of them! Oh, Mr. Pinchy! No amount of drawn butter can bring back that innocence.

You can't believe everything you see on social media. Instagram is a magical fairyland of fondant, candy waterfall cakes and time-lapse videos that will convince your kid that something gasp-worthy can be baked and decorated by a 12-year-old in 30 seconds. These are lies. *Lies.* But she will not believe you and insist on making French macarons—not to be confused with *macaroons,* which consist of three ingredients, don't take six hours to make from start to finish and don't make your kitchen look like an almond flour bomb has blown it to smithereens. But they were delicious. Delicious lying liars.

Time management is an essential life skill. If the bacon takes 25 minutes to bake and the coffee cake is going to need 60, well, you do the math. (Said the carbonized bacon.) Brunch was not awesome that day.

When you cook for yourself, you get more-nutritious, well-balanced meals. Parental lore holds that if your kids learn how to, say, roast Brussels sprouts or sear salmon, they'll be more likely to eat them. And if there is proper parental supervision—by which I mean *pressure*—I have found that to be true, especially if I also throw a little nutrition wisdom my kids' way about the health benefits of crucifers, or how it's important to fill 50% of your plate with vegetables. But when left to his own devices, my 16-year-old will opt for frozen taquitos on 100% of his plate, ever so well balanced on his knees as he plays *Call of Duty.*

Mistakes happen, but you will learn from them. Where to start, where to start ... How about the time a too-hastily cut apple required a trip to the ER and some surgical glue. Or when the stand mixer containing *an entire bag* of powdered sugar got turned on high. And then there was The Frittata Incident of 2018, when my "helpful" son's giant teenage puppy paws knocked over a bowl containing a dozen eggs he'd cracked, covering his entire front like a *Salmonella* sweater. See! You just can't teach that kind of stuff in school. There are laws.

A lot of planning and work goes into prepping family meals. My kids know this because I have ~~muttered it resentfully~~ explained as much on many occasions. Yet they still behave as if food just—*poof*—materializes out of thin air like the feast in *Harry Potter.* There's zero neuronal connection between grocery bags entering the house, a human person chopping and sautéing, and dinner arriving on their place mats. *Accio* jambalaya!

Dinnertime is sacred. Family meals have always been a priority, even when the kids were toddlers and we had to eat at 5 p.m., like 89-year-old Early Birders. It's a time when you can reconnect at the end of a long day; a time for your son to talk about his Chem test and your daughter to share what happened at gymnastics; a time for siblings to alternately scream and sob over who has first dibs on the salad dressing, or who is being gross; a time for the dish you've been braising for hours to get panned. In other words, a time of total bedlam, but also boisterous conversation, some laughs and, on a good night, compliments to the chef.

SHAUN DREISBACH *is* EatingWell's *nutrition & features editor.*

AMY HWANG

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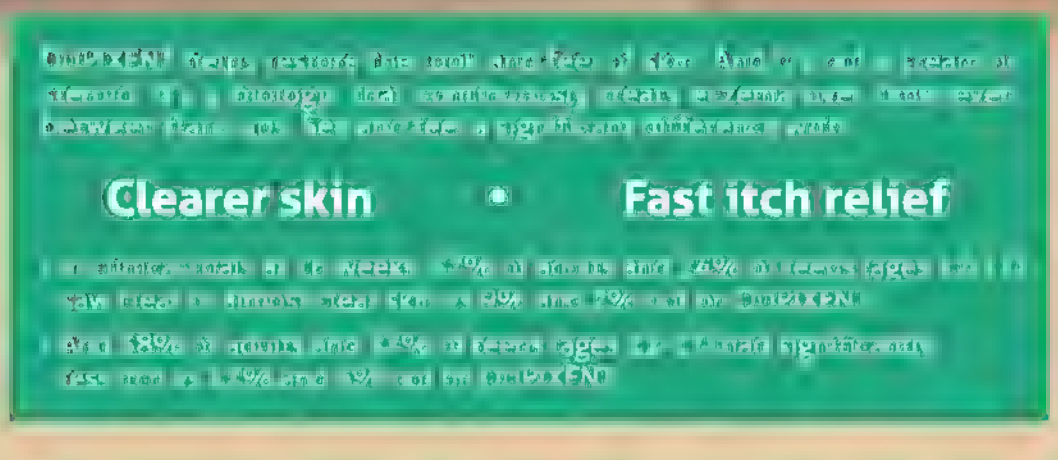

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INDICATION

DUPIXENT is a prescription medicine used to treat people 12 years of age and older with moderate-to-severe atopic dermatitis (eczema) that is not well controlled with prescription therapies used on the skin (topical), or who cannot use topical therapies. DUPIXENT can be used with or without topical corticosteroids. It is not known if DUPIXENT is safe and effective in children with atopic dermatitis under 12 years of age.

IMPORTANT SAFETY INFORMATION

Do not use if you are allergic to dupilumab or to any of the ingredients in DUPIXENT.

Before using DUPIXENT, tell your healthcare provider about all your medical conditions, including if you: have eye problems; have a parasitic (helminth) infection; are taking oral, topical, or inhaled corticosteroid medicines. **Do not** stop taking your corticosteroid medicines unless instructed by your healthcare provider. This may cause other symptoms that were controlled by the corticosteroid medicine to come back; are scheduled to receive any vaccinations. You should not receive a "live vaccine" if you are treated with DUPIXENT; are pregnant or plan to become pregnant. It is not known whether DUPIXENT will harm your unborn baby; are breastfeeding or plan to breastfeed. It is not known whether DUPIXENT passes into your breast milk.

Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins and herbal supplements. If you are taking asthma medicines, do not change or stop your asthma medicine without talking to your healthcare provider.

DUPIXENT can cause serious side effects, including:

- **Allergic reactions (hypersensitivity), including a severe reaction known as anaphylaxis.** Stop using DUPIXENT and tell your healthcare provider or get emergency help right away if you get any of the following symptoms: breathing problems, fever, general ill feeling, swollen lymph nodes, swelling of the face, mouth and tongue, hives, itching, fainting, dizziness, feeling lightheaded (low blood pressure), joint pain, or skin rash.
- **Eye problems.** Tell your healthcare provider if you have any new or worsening eye problems, including eye pain or changes in vision.

The most common side effects in patients with atopic dermatitis include injection site reactions, eye and eyelid inflammation, including redness, swelling and itching, and cold sores in your mouth or on your lips.

Tell your healthcare provider if you have any side effect that bothers you or that does not go away. These are not all the possible side effects of DUPIXENT. Call your doctor for medical advice about side effects. You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www fda.gov/medwatch, or call 1-800-FDA-1088.

Use DUPIXENT exactly as prescribed. DUPIXENT is an injection given under the skin (subcutaneous injection). If your healthcare provider decides that you or a caregiver can give DUPIXENT injections, you or your caregiver should receive training on the right way to prepare and inject DUPIXENT. **Do not** try to inject DUPIXENT until you have been shown the right way by your healthcare provider. In children 12 years of age and older, it is recommended that DUPIXENT be administered by or under supervision of an adult.

Please see Brief Summary on next page.

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Brief Summary of Important Patient Information about DUPIXENT® (dupilumab) Rx Only
(DU-pix'-ent)
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What is DUPIXENT?

- DUPIXENT is a prescription medicine used:
  - to treat people aged 12 years and older with moderate-to-severe atopic dermatitis (eczema) that is not well controlled with prescription therapies used on the skin (topical), or who cannot use topical therapies. DUPIXENT can be used with or without topical corticosteroids.
- DUPIXENT works by blocking two proteins that contribute to a type of inflammation that plays a major role in atopic dermatitis.
- It is not known if DUPIXENT is safe and effective in children with atopic dermatitis under 12 years of age.

Who should not use DUPIXENT?

Do not use DUPIXENT if you are allergic to dupilumab or to any of the ingredients in DUPIXENT. See the end of this summary of information for a complete list of ingredients in DUPIXENT.

What should I tell my healthcare provider before using DUPIXENT?

Before using DUPIXENT, tell your healthcare provider about all your medical conditions, including if you:

- have eye problems
- have a parasitic (helminth) infection
- are taking oral, topical, or inhaled corticosteroid medicines. **Do not** stop taking your corticosteroid medicines unless instructed by your healthcare provider. This may cause other symptoms that were controlled by the corticosteroid medicine to come back.
- are scheduled to receive any vaccinations. You should not receive a "live vaccine" if you are treated with DUPIXENT.
- are pregnant or plan to become pregnant. It is not known whether DUPIXENT will harm your unborn baby.

  Pregnancy Registry. There is a pregnancy registry for women who take DUPIXENT during pregnancy. The purpose of this registry is to collect information about your health and your baby's health. You can talk to your healthcare provider or contact 1-877-311-8972 or go to https://mothertobaby.org/ongoing-study/dupixent/ to enroll in this registry or get more information.

- are breastfeeding or plan to breastfeed. It is not known whether DUPIXENT passes into your breast milk.

Tell your healthcare provider about all of the medicines you take including prescription and over-the-counter medicines, vitamins, and herbal supplements. If you have asthma and are taking asthma medicines, do not change or stop your asthma medicine without talking to your healthcare provider.

How should I use DUPIXENT?

- **See the detailed "Instructions for Use" that comes with DUPIXENT for information on how to prepare and inject DUPIXENT and how to properly store and throw away (dispose of) used DUPIXENT pre-filled syringes.**
- Use DUPIXENT exactly as prescribed by your healthcare provider.
- DUPIXENT comes as a single-dose pre-filled syringe with needle shield.
- DUPIXENT is given as an injection under the skin (subcutaneous injection).
- If your healthcare provider decides that you or a caregiver can give the injections of DUPIXENT, you or your caregiver should receive training on the right way to prepare and inject DUPIXENT. **Do not** try to inject DUPIXENT until you have been shown the right way by your healthcare provider. In children 12 years of age and older, it is recommended that DUPIXENT be administered by or under supervision of an adult.
- If you miss a dose of DUPIXENT, give the injection within 7 days from the missed dose, then continue with the original schedule. If the missed dose is not given within 7 days, wait until the next scheduled dose to give your DUPIXENT injection.
- If you inject more DUPIXENT than prescribed, call your healthcare provider right away.
- Your healthcare provider may prescribe other medicines to use with DUPIXENT. Use the other prescribed medicines exactly as your healthcare provider tells you to.

What are the possible side effects of DUPIXENT?

DUPIXENT can cause serious side effects, including:

- **Allergic reactions (hypersensitivity), including a severe reaction known as anaphylaxis.** Stop using DUPIXENT and tell your healthcare provider or get emergency help right away if you get any of the following symptoms: breathing problems, fever, general ill feeling, swollen lymph nodes, swelling of the face, mouth and tongue, hives, itching, fainting, dizziness, feeling lightheaded (low blood pressure), joint pain, or skin rash.
- **Eye problems.** Tell your healthcare provider if you have any new or worsening eye problems, including eye pain or changes in vision.

The most common side effects of DUPIXENT include: injection site reactions, eye and eyelid inflammation, including redness, swelling and itching, and cold sores in your mouth or on your lips. Eye and eyelid inflammation, including redness, swelling and itching have been seen in patients who have atopic dermatitis. Tell your healthcare provider if you have any side effect that bothers you or that does not go away.

These are not all of the possible side effects of DUPIXENT. Call your doctor for medical advice about side effects. You may report side effects to FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

General information about the safe and effective use of DUPIXENT.

Medicines are sometimes prescribed for purposes other than those listed in a Patient Information leaflet. Do not use DUPIXENT for a condition for which it was not prescribed. Do not give DUPIXENT to other people, even if they have the same symptoms that you have. It may harm them.

This is a summary of the most important information about DUPIXENT for this use. If you would like more information, talk with your healthcare provider. You can ask your pharmacist or healthcare provider for more information about DUPIXENT that is written for healthcare professionals.

For more information about DUPIXENT, go to www.DUPIXENT.com or call 1-844-DUPIXENT (1-844-387-4936)

What are the ingredients in DUPIXENT?

Active ingredient: dupilumab

Inactive ingredients: L-arginine hydrochloride, L-histidine, polysorbate 80, sodium acetate, sucrose, and water for injection

Manufactured by: Regeneron Pharmaceuticals, Inc., Tarrytown, NY 10591
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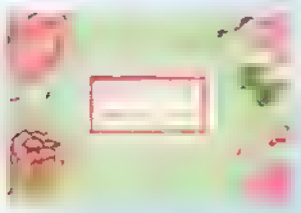
Issue Date: June 2019

Hot Stuff

6 hair and skin essentials for when the heat index is just ridiculous. **By Christina Vercelletto**

Flip-flops. G&Ts. Floating in the backyard pool. This is why we call them the carefree days of summer—and we need them now more than ever. But steamy, sunshine-y weather does have its challenges, at least in the beauty department. You're sweaty, burn-prone and who even knows what is going on with your hair. We think it looks fine, by the way—but we've got you. This collection of products will keep you cool, collected and, yes, carefree.



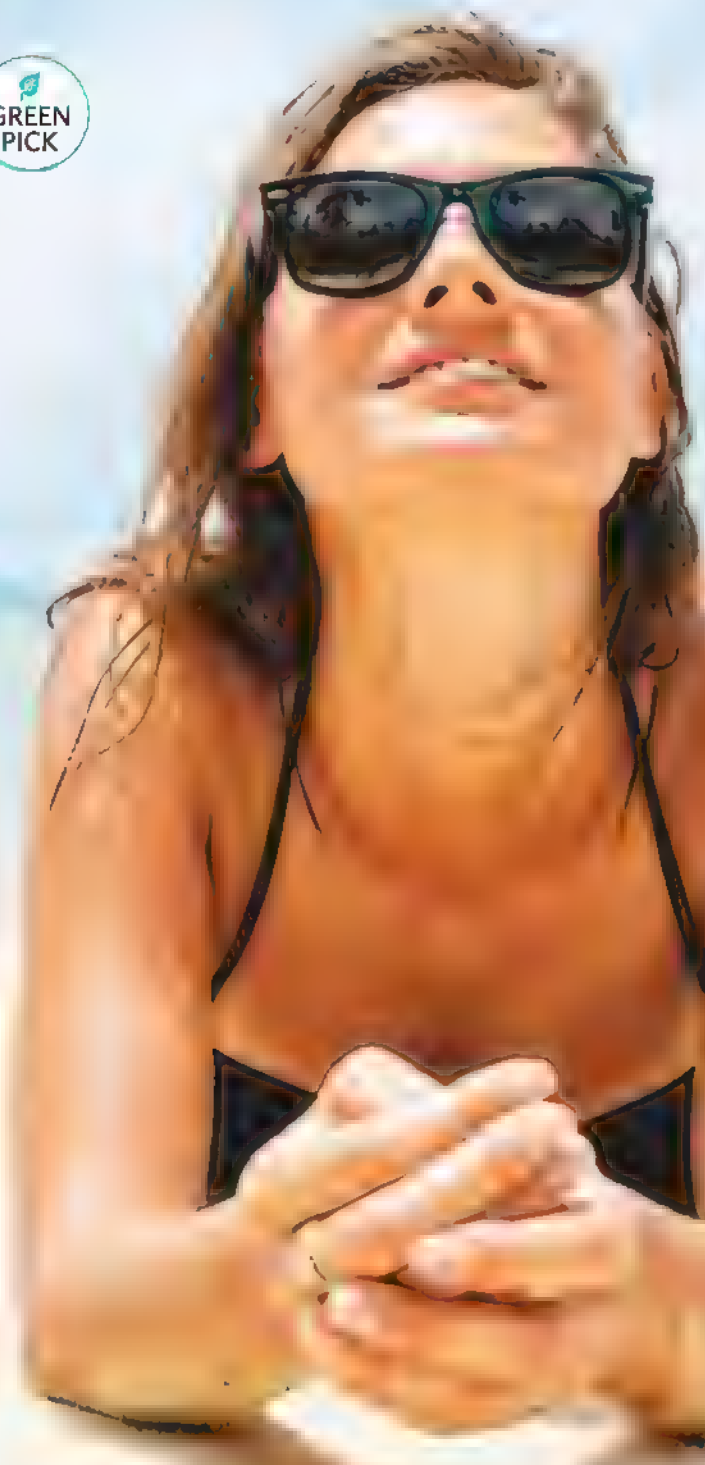
Winky Lux Matcha Blotting Sheets

GREEN PICK

These green-tea-enriched shine busters can hang out in your purse or beach bag, waiting to come to the rescue. Just dab onto skin to ditch excess oil. We also like that they have just two, natural ingredients. *($8, Ulta.com)*

Sun Bum Scalp & Hair Mist

Protect your scalp from getting singed with this vegan SPF-30 spray. Infused with sunflower oil (but somehow utterly ungreasy), it's water-resistant for 80 minutes. And it guards colored hair from the fading effects of the sun, while strengthening strands with sea kelp. *($15, Target.com)*



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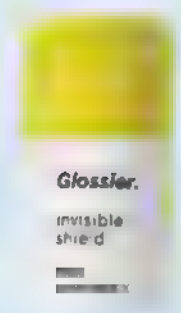


Glossier Invisible Shield

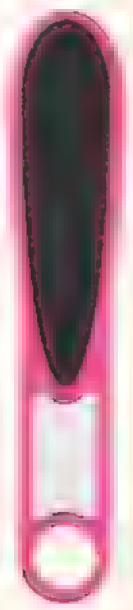
It's tough to find a facial sunscreen that feels and looks like…nothing. And yet, here it is. This SPF-35 water-gel formula absorbs in a flash and leaves no white cast. *($25, Glossier.com)*

Clarins Tonic Sugar Polisher

After a long day of fun in the sun, this rosemary-and-mint-scented body scrub is just what we want for buffing off all that saltwater/shvitz/sunscreen. Sugar and salt crystals exfoliate, while shea butter and hazelnut oil leave skin smooth and hydrated. *($41, ClarinsUSA.com)*

Sephora Watermelon After-Sun Mask

Be prepared for that inevitable day when you get too much of a good thing. Stash one of these sweet-smelling sheet masks—infused with soothing watermelon extract—in the fridge for an extra-cooling treat when you need it. *($5, Sephora.com)*



Tweezerman Step-Two-It Foot File

Walking around barefoot or in flip-flops is part of summer, but it can leave you with rough feet. Enter this callus conqueror. We love the ergonomic shape and that it has two sides (one lighter, the other more heavy-duty), like a nail file. *($12, CVS.com)*

To see how to make an outdoor compost bin, hover your phone's camera over this smart code (no app needed).

We Dig Composting

It's a small step we can all take to lessen our impact on the planet. *EatingWell* consulted a Master Composter (yes, a legit title) for all the how-to details. By Rachel Stearns

More food makes its way into landfills and combustion facilities than any other material in everyday trash, resulting in over 76 billion pounds of waste each year, according to the Environmental Protection Agency. And because not enough air gets circulated through that trash, the food ends up releasing methane—a greenhouse gas that's up to 36 times more potent than carbon dioxide—as it breaks down.

There is, however, a solution: composting. Because compost is produced aerobically, it doesn't create methane like an anaerobic landfill. Efforts are ramping up across the country, with some cities and states now mandating composting. But, like many people, you may still have questions. "People are scared of the technical piece—how you manage food scraps without it smelling really bad. They don't realize how easy it is. Everyone can do this," says master composter Cat Buxton, an independent compost consultant and soil health educator in Sharon, Vermont. Whether you want to DIY in your backyard or join a pickup service, Buxton has tips for composting like a pro.

All Composting Starts in the Kitchen

Keep a small airtight bin or countertop composter in your kitchen to put food scraps in. When it's full, transfer the contents outside. If fruit flies are an issue, store scraps in a sealable bag in the fridge or freezer and bring outside when full. Here's what you want to collect in the bin for composting:

- Fruit and vegetable peels
- Stems and scraps (raw and cooked)
- Eggshells
- Tea bags (without staples) and coffee filters
- Greasy pizza boxes (tear into pieces first)
- Napkins, paper towels and paper bags
- Fats, oils and dairy products
- Compostable single-use products

Kick It to the Curb

If it's available in your area, curbside composting is super-convenient, especially if you don't have outdoor space to make your own compost. Municipal composting works just like trash and recycling pickup: you just put it out on the curb for collection. Drop-off service, typically at a farmers' market or

SVET KD/GETTY IMAGES

transfer station, is another option. Both generally involve a fee.

Have a Backyard?

If you've got outdoor space, and especially if you have a garden, create your own compost system. (Free fertilizer!)

- **Prep.** Set up a store-bought compost bin or build one out of inexpensive materials, such as wood pallets, chicken wire or a trash bin.
- **Layer.** To get things going, you'll need to add both "green" and "brown" materials. Greens are primarily produce scraps and eggshells, but also include coffee grounds, plant clippings and weeds; they contain high levels of nitrogen. Browns are carbon-rich materials, such as leaves, sticks, wood shavings and hay—along with items like coffee filters and most types of paper and cardboard. Add "browns" in a 3:1 ratio to "greens" to help keep odors and pests at bay.
- **Water.** You'll also need to add some water, says Buxton: "A good compost pile will have about the same level of moisture as a wrung-out sponge."
- **Turn.** Use a pitchfork or shovel to turn over the compost regularly. This adds oxygen, which the microorganisms—bacteria, fungi and mold that are naturally present—need to break down the food scraps without creating odor.
- **Use.** It takes at least six months for compost to break down. When it's ready, it'll look like soil or coffee grounds—aka black gold—and smell earthy.

· WHAT **NOT** TO COMPOST ·

Wood ash. There are mixed opinions on this, but Buxton advises against it. "There's nothing left but minerals. Your compost microbes don't need them," she says. Ashes can, however, be mixed into finished compost or added directly to your garden. Just do some research first, since adding a lot of it may harm some plants.

Produce PLU stickers. They're plastic, so even when your compost is finished, they'll still be in such good shape, "you could scan the UPC code," says Buxton.

Commercial flowers. These are often treated with fungicide, which can inhibit decomposition.

Pet waste. It contains pathogens that can be transferred to humans. There are ways to compost it properly, but the resulting fertilizer is not recommended for growing food. Pet waste can be put into solar digesters that are located far from gardens.

Meat, bones and fish. Most home compost bins won't reach high-enough temps to kill off bad bacteria. (Heat is generated as the waste breaks down.) But many commercial services *do* allow them.

Weeds that have gone to seed. Your compost probably won't heat up enough to prevent these from sprouting in your garden later.

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Frail Old Lady? No Way

94-year-old gymnast Johanna Quaas *(shown here)* proves that the stereotype of the shuffling nonagenarian isn't inevitable. Here, four ways to overpower age-related muscle loss.

By Julie Stewart

The secret to staying spry for life is strong muscles, but protecting that strength starts early. As we age, muscle mass and strength naturally begin to decline. After about age 40, the average person loses about 1% of their muscle mass and 2 to 3% of their strength annually. Left unchecked, this can lead to sarcopenia, a condition that affects 5 to 10% of 65- to 80-year-olds and *half* those in the 80-plus crew. (Think of it as the muscle equivalent of osteoporosis.) So let's all pump up! "It's like a bank account," says Stéphanie Chevalier, Ph.D., R.D., a sarcopenia researcher at McGill University in Montreal. "If you're steadily building up your savings, even if you take a hit later on, you'll still have plenty of money." These proven strategies can help you build—and bank more of—your strength.

Weight It Out

To continue the finance metaphor, strength training is your best investment. And you'll get a bigger bang for your buck if you pick up the habit when you're younger, because your body is able to build muscle more efficiently—thanks to factors like higher testosterone production, better nerve transmission and lower inflammation—says Chevalier. That said, it's never too late to pump some iron. In a study from the Netherlands, older people who strength trained three times a week for 24 months gained an average of 3 pounds of muscle.

Prioritize Protein

This nutrient signals your body to build new muscle tissue, but the messengers weaken as you get older, likely due to decreased levels of exercise and protein intake. (Yes, elders tend to eat less of this macronutrient *plus* its effects are lessened, a double whammy). Solution: eat more protein. A review published in the journal *Nutrition Research* found that increasing intake to 95 grams daily after age 65 (up from the standard recommended daily allowance of 54 grams for a 150-pound woman) could help you add muscle. Over a day, that's a 1-egg omelet with cheese, a can of tuna and 3 ounces of chicken breast. Younger folks can get away with lower amounts, but everyone should focus on timing: For maximum absorption, spread protein intake out evenly through daily meals.

Make Like Popeye

An Australian study found that older women who ate the most nitrate-rich veggies (the equivalent of 1 cup of raw spinach per day) were 35% less likely to have weak grip strength and 28% less likely to have poor functional mobility compared to women who grazed on less (closer to ⅓ cup). Nitrate—also found in beets, celery, broccoli and other leafy greens—helps your body produce nitric oxide, a compound that promotes muscle contraction and may maximize your workout results.

Sleep on It

Many of the hormones that support muscle growth come out to play at night. "Growth hormone is secreted while you sleep," says Jonathan Cedernaes, M.D., Ph.D., a senior sleep researcher at Uppsala University in Sweden. "But this and levels of other hormones essential for healthy muscles are disrupted when sleep goes awry." His research found that, after a sleepless night, study participants' muscle tissue had markers of inflammation and harbingers of muscle protein breakdown. So make sure you're turning in early enough to muscle through tomorrow.

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Let the Sunshine In

Better Sleep and Mood

"Light is the most powerful signal for the brain and internal body clock, helping to regulate sleep and wake activity, appetite, mood, alertness and attention," says Phyllis Zee, M.D , Ph.D., a neurologist and sleep specialist at Northwestern University in Chicago. Research she published in the *Journal of Clinical Sleep Medicine* found that workers who got more light during the day—by sitting near a window, not from actually being in the sun—averaged 46 more minutes of sleep on work nights (and almost 2 hours more on free nights) than those who toiled in darker environments. Studies have also shown that when sunlight hits your skin, it stimulates the production of serotonin, a feel-good hormone linked to improved mood, energy and alertness and to less depression and anxiety.

Lower BMI

Zee's research also suggests that getting sunlight early in the day may make it easier to maintain a healthy weight. (Again, we're talking light exposure, not necessarily direct sun exposure.) Compared with afternoon and evening rays, she says, "morning light contains bright, short-wavelength blue light that has the strongest effect on synchronizing your circadian rhythms, which control hormones and chemicals that regulate appetite and metabolism." In Zee's study, people who got plenty of a.m. light had lower body mass indexes—an average of 25—while others exhibited more than a 1-point uptick in BMI for each hour of light exposure later in the day. To harness the benefits, she suggests opening your shades when you wake up and aiming for at least 20 to 30 minutes throughout the morning and early afternoon.

Reduced Multiple Sclerosis Risk

People living in sunnier areas of the world are less likely to develop this chronic condition, which causes the immune system to attack the body's own central nervous system, according to a study published in *Neurology*. Even moderate UVB exposure—between 4 and 10 hours a week—was shown to lower the risk of MS in women under 40 by as much as 65%, compared to those in less sun-drenched areas. (Although being outdoors, particularly during the summer months, can be beneficial no matter where you reside.) The researchers believe the reason may be related to sunlight's effect on vitamin D levels, since deficiency in this nutrient has been linked to an increased risk of developing MS. But it may also have to do with sunlight itself and its direct effect on the immune system.

Better Blood Pressure Control
A new study published in the *Journal of the American Heart Association* analyzed more than 45 million blood pressure measurements that were recorded over the course of three years and uncovered a clear pattern of lower systolic blood pressure—the top number on a blood pressure reading—during summer compared to winter. This effect was independent of outdoor temperature, and the researchers think UV rays are the X-factor. Sunlight may increase levels of nitric oxide, a molecule that helps blood vessels dilate, which in turn lowers blood pressure. Still, JoAnn Manson, M.D., Dr.P.H., chief of preventive medicine at Boston's Brigham and Women's Hospital and a professor of medicine at Harvard University, says more research is needed, and that the best treatment remains a healthy, low-sodium diet and medication.

Do You Really Need Some (SPF-Free) Rays?

It's a head-scratcher, for sure. On one hand, sunshine offers lots of bona fide health benefits; but you also know that UV rays are a major risk factor for skin cancer, the most common cancer worldwide, according to the Skin Cancer Foundation. Plus, sun exposure causes 90% of premature skin aging. Is there a Goldilocks amount that will give you the perks of the former without the perils of the latter?

There has been debate about whether wearing sunscreen cancels out the benefits of the sun—particularly when it comes to vitamin D production. (You may have seen recommendations to spend a short time outside sans SPF, say 10 to 15 minutes, to ensure you don't miss out.) However, Elizabeth Hale, M.D., senior vice president of the SCF and a clinical associate professor of dermatology at NYU Langone Medical Center, says you can use SPF (sun protection factor) and still get all the rays you need, while practicing other safe sun habits, like seeking shade during peak hours and wearing a wide-brimmed hat, sunglasses and protective clothing.

How is that possible? For starters, no sunscreen blocks 100% of UV rays. An SPF-30, for instance, only filters out 97% of them. Additionally, research shows that the vast majority of people don't use sunscreen exactly as directed. We fail to use a high-enough SPF (15 or higher), put on enough to cover 100% of our exposed skin or reapply as frequently as we should (about every two hours). This incidental sun exposure gives your body plenty of opportunity to make vitamin D, says Hale. (Should you strive for SPF perfection? Yes. But even so you'll likely get enough sun.) The vitamin-D-rich foods in your diet, along with a supplement or daily multi, should safely fill in any gaps. In other words, there's no need to go out of your way to soak up the sun.

PETER CADE/GETTY IMAGES. ILLUSTRATION BY JING JING TSONG/THE SPOT.

Riding the Gravy Train

Is fresh-made food—whether you buy it or cook it yourself—better for your dog? By Alison Ashton

You enjoy meals made with high-quality ingredients, so it's only natural to want your dog to enjoy a good diet too. And there have never been more options: fresh, refrigerated, freeze-dried, canned, frozen. Some owners are even going the extra mile to cook for their pups.

The downside of being a canine chef is that you're entering a whole new world of nutrition, with different rules, according to Deborah Linder, D.V.M., M.S., D.A.C.V.N., of the Cummings School of Veterinary Medicine at Tufts University. A properly balanced canine diet has more than 30 different essential nutrients, and they aren't all the same ones that humans need. When it comes to pet food sold commercially, manufacturers follow guidelines set by the Association of American Feed Control Officials to make sure they're hitting the right levels of those nutrients. It also provides guidelines to ensure pet food is produced safely and labeled accurately. (All that expertise, she adds, is especially important for dogs with special dietary needs or for puppies, who have a critical window for getting in key nutrients during a growth spurt.)

"Home cooking can be a healthy alternative to commercial pet food, but it requires expertise to formulate and prepare," says Linder. "You're basically your own pet food company. You lose a lot of benefits of commercial pet food, including testing, analysis and guidance from nutritionists, food-formulation scientists and toxicologists."

If cooking for your dog is important to you, Linder recommends using a recipe from a board-certified veterinary nutritionist. Ask your vet for a referral or find one though the American College of Veterinary Nutrition's website. And stick to it. "I see a lot of 'diet drift,'" Linder notes. Seemingly minor changes, like substituting meat with a higher percentage of fat, can throw the nutrition off balance, which can lead to serious health problems.

Recipes from a veterinary nutritionist typically include supplements to fill in any dietary gaps. For instance, it's difficult for your pooch to get enough trace minerals or vitamins that are sensitive to heat and light from food alone. (Commercial brands are fortified with these nutrients.)

It's also worth talking to your vet about other options, including refrigerated, freeze-dried and frozen pet foods, which tend to contain more whole ingredients and fewer preservatives, suggests Gary Richter, M.S., D.V.M., author of *The Ultimate Pet Health Guide*: "These are great alternatives to home cooking that are well balanced, healthy and easy."

Woof!
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DINNER TONIGHT

11 EASY HEALTHY RECIPES

BRIGHT & BOLD

PHOTOS BY JOHNNY & CHARLOTTE AUTRY

Melon-cutting made easy: hover your phone's camera over this smart code to see how. (No app needed!)

Watermelon with Mint-Lime Gremolata

ACTIVE: 10 min **TOTAL:** 10 min

This flavor-boosting combo of mint and lime, inspired by the traditional Italian herb-and-garlic gremolata, livens up juicy watermelon. Put a platter out at your next cookout and watch it disappear in an instant.

Zest and juice 2 **limes.** Place the **zest,** ¼ cup chopped **fresh mint,** 1 Tbsp. **brown sugar** and ¼ tsp. **kosher salt** on a cutting board and chop together until it forms a paste. Transfer to a small bowl and whisk in the **lime juice.** Cut 3 pounds **watermelon** into wedges. Arrange on a platter and spoon the mint mixture over the top. Garnish with more **mint** and serve with **lime wedges,** if desired.

SERVES 6: 1 cup each
Cal 48 **Fat** 0g (sat 0g) **Chol** 0mg **Carbs** 12g **Total sugars** 10g (added 2g) **Protein** 1g **Fiber** 1g **Sodium** 83mg **Potassium** 162mg.

Spicy Thai Melon Salad

ACTIVE: 20 min **TOTAL:** 20 min

Turn this savory salad into an easy weeknight dinner by doubling the dressing and tossing it with cooked shrimp and chilled rice noodles.

Whisk 2 Tbsp. each **lime juice** and **extra-virgin olive oil,** 2 tsp. **fish sauce,** 1 finely chopped **serrano or Thai bird chile** (seeded if desired) and 1 grated **garlic** clove in a large bowl. Add 4 cups chopped **honeydew melon** (1 pound) and ½ cup each chopped **fresh cilantro,** thinly sliced **red onion** and chopped **unsalted roasted peanuts;** toss to combine. Serve at room temperature or chilled.

SERVES 4: 1 cup each
Cal 242 **Fat** 16g (sat 2g) **Chol** 0mg **Carbs** 22g **Total sugars** 16g (added 0g) **Protein** 6g **Fiber** 3g **Sodium** 269mg **Potassium** 560mg.

RECIPES BY ADAM DOLGE

Cantaloupe, Arugula & Goat Cheese Salad

ACTIVE: 20 min **TOTAL:** 20 min

Buy a melon that feels heavy for its size and smells slightly sweet. Picking a ripe one ensures the right balance of flavors in this salad.

Whisk 2 Tbsp. **lemon juice,** 1 tsp. each **honey** and **Dijon mustard** and ¼ tsp. each **salt** and **pepper** in a large bowl. Slowly whisk in 2 Tbsp. **extra-virgin olive oil.** Add one 5-oz. package **arugula** and 3 cups chopped **cantaloupe** and toss to coat. Top with 1 cup crumbled **goat cheese,** ⅓ cup toasted **unsalted shelled pistachios** and ¼ cup torn **fresh basil.**

SERVES 8: 1 cup each

Cal 128 **Fat** 9g (sat 3g) **Chol** 7mg **Carbs** 8g **Total sugars** 6g (added 1g) **Protein** 5g **Fiber** 1g **Sodium** 168mg **Potassium** 291mg.

Salmon with Chopped Tomatillo Salad

ACTIVE: 25 min **TOTAL:** 25 min

We made this chopped salad with pico de gallo in mind. Tangy tomatillos add fresh crunch to the classic mixture of tomatoes, cilantro and onion to brighten up grilled salmon.

- **1¼ pounds salmon fillet, cut into 4 portions**
- **2 tablespoons extra-virgin olive oil, divided**
- **¾ teaspoon kosher salt, divided**
- **½ teaspoon ground pepper, divided**
- **½ teaspoon ground cumin**
- **8 ounces tomatillos, husked, rinsed and chopped**
- **1 medium tomato, chopped**
- **½ cup chopped fresh cilantro**
- **½ cup chopped red onion**
- **1 medium jalapeño pepper, chopped**
- **2 tablespoons lime juice**

1. Position rack in upper third of oven; preheat broiler to high.

2. Place salmon on a rimmed baking sheet. Drizzle with 1 tablespoon oil and sprinkle with ½ teaspoon salt, ¼ teaspoon pepper and cumin. Broil the salmon until it is opaque and flakes easily with a fork, 6 to 9 minutes.

3. Meanwhile, combine tomatillos, tomato, cilantro, onion, jalapeño and lime juice with the remaining 1 tablespoon oil and ¼ teaspoon each salt and pepper in a medium bowl. Serve the salmon with the salad.

SERVES 4: 4 oz. salmon & 1 cup salad each
Cal 267 **Fat** 13g (sat 2g) **Chol** 66mg **Carbs** 8g **Total sugars** 4g (added 0g) **Protein** 29g **Fiber** 2g **Sodium** 434mg **Potassium** 809mg.

POP A TOMATILLO

Although you'll want to remove the husk (and rinse off the sticky coating) before eating, look for firm tomatillos with an intact husk that's tight to the fruit.

ILLUSTRATION BY EMMA D BEN
RECIPE BY DEVON O'BRIEN

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Mango-Ginger BBQ Chicken

ACTIVE: 40 min **TOTAL:** 40 min

Here, we blend classic barbecue sauce ingredients—ketchup and vinegar—with mango, ginger, Chinese five-spice and turmeric, for a sweet and fragrant glaze for grilled chicken.

- **1 medium mango, peeled and chopped**
- **⅓ cup ketchup**
- **¼ cup cider vinegar**
- **2 tablespoons brown sugar**
- **1 tablespoon reduced-sodium tamari *or* low-sodium soy sauce**
- **1 tablespoon grated fresh ginger**
- **½ teaspoon Chinese five-spice powder**
- **½ teaspoon ground turmeric**
- **3 pounds chicken drumsticks**
- **1 tablespoon honey**
- **¼ teaspoon salt**
- **Thinly sliced scallions for garnish**

1. Preheat grill to medium-high.

2. Combine mango, ketchup, vinegar, brown sugar, tamari (or soy sauce), ginger, five-spice and turmeric in a blender. Blend on high until smooth. Reserve ½ cup of the sauce for serving.

3. Toss chicken with another ½ cup sauce in a large bowl. Bring the remaining sauce to the grill for basting.

4. Oil the grill rack. Turn one burner to low. Place the chicken on the hot side of the grill and cook, flipping occasionally, until lightly browned on all sides, about 5 minutes. Transfer to the low-heat side and continue to cook, flipping occasionally, until an instant-read thermometer inserted in the thickest part without touching bone registers 160°F, 15 to 20 minutes more.

5. Return the chicken to the hot side of the grill. Brush generously with the basting sauce and cook, turning occasionally and brushing with more sauce, until slightly charred and the internal temperature reaches 165°F, about 5 minutes.

6. Drizzle the chicken with honey and sprinkle with salt. Serve with the reserved sauce and garnished with scallions, if desired.

SERVES 6: 8 oz. chicken drumsticks each
Cal 244 **Fat** 6g (sat 2g) **Chol** 134mg **Carbs** 21g **Total sugars** 18g (added 10g) **Protein** 26g **Fiber** 1g **Sodium** 486mg **Potassium** 424mg.

HIGH FIVE

Most often a blend of cinnamon, cloves, fennel seed, star anise and Sichuan peppercorns, warming Chinese five-spice powder pairs well with sweet or savory dishes—or in this case, both a sweet and savory sauce for chicken.

ILLUSTRATION BY EMMA D BBEN RECIPE BY ADAM DOLGE

Grilled Flank Steak & Corn with Green Goddess Butter

ACTIVE: 30 min **TOTAL:** 40 min

An herbaceous butter turns grilled sweet corn into a rave-worthy accompaniment to simple flank steak.

- **4 tablespoons unsalted butter, softened**
- **2 tablespoons chopped fresh basil**
- **2 tablespoons chopped fresh chives**
- **2 tablespoons chopped fresh parsley, plus more for serving**
- **1 tablespoon lemon juice**
- **1 teaspoon chopped fresh thyme**
- **1 teaspoon salt, divided**
- **¾ teaspoon ground pepper, divided**
- **1 pound flank steak, trimmed**
- **1 tablespoon extra-virgin olive oil**
- **4 ears corn, husked**
- **¼ cup crumbled feta cheese**

1. Preheat grill to medium-high.

2. Combine butter, basil, chives, parsley, lemon juice, thyme and ¼ teaspoon each salt and pepper in a food processor. Pulse until well combined, scraping down the sides as necessary.

3. Brush steak with oil and sprinkle with ½ teaspoon salt and the remaining ½ teaspoon pepper. Grill the steak, flipping occasionally, until slightly charred and an instant-read thermometer inserted in the center registers 125°F for medium-rare, 8 to 10 minutes. Transfer to a clean cutting board and let rest for 10 minutes. Spread 1 tablespoon of the herb butter on the steak.

4. Meanwhile, grill corn, turning occasionally, until slightly charred and tender, 6 to 8 minutes. Transfer to the cutting board. Spread the remaining herb butter on the corn.

5. Thinly slice the steak against the grain and sprinkle with the remaining ¼ teaspoon salt. Serve the steak and corn sprinkled with feta and more parsley, if desired.

SERVES 4: 3 oz. steak & 1 ear corn each

Cal 420 **Fat** 26g (sat 13g) **Chol** 107mg **Carbs** 20g **Total sugars** 7g (added 0g) **Protein** 28g **Fiber** 2g **Sodium** 730mg **Potassium** 590mg.

RECIPE BY ADAM DOLGE

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STAND UP TO CANCER

Yes, you should grill sweet potatoes. And definitely serve them with this coconut and peanut butter dip spiked with chili-garlic sauce.

Curried Grilled Sweet Potato Wedges with Peanut Sauce

ACTIVE: 35 min **TOTAL:** 35 min

- **2½ pounds sweet potatoes, cut into wedges**
- **2 tablespoons extra-virgin olive oil**
- **1 tablespoon curry powder**
- **2 teaspoons ground cumin**
- **½ teaspoon salt, divided**
- **¼ teaspoon ground pepper**
- **½ cup coconut milk**
- **⅓ cup smooth natural peanut butter**
- **2 tablespoons lime juice**
- **2 tablespoons water**
- **1 tablespoon reduced-sodium tamari *or* soy sauce**
- **2 teaspoons chili-garlic sauce**
- **2 teaspoons pure maple syrup**
- **Chopped fresh cilantro for garnish**

RECIPE BY ADAM DOLGE

1. Preheat grill to medium.

2. Toss sweet potatoes with oil. Sprinkle with curry powder, cumin, ¼ teaspoon salt and pepper and toss to combine.

3. Oil the grill rack. Turn off one burner. Grill the sweet potatoes on the hot side, flipping occasionally, until slightly charred, about 10 minutes. Move them to indirect heat and continue cooking, flipping occasionally, until tender, 8 to 10 minutes more. Transfer to a serving platter and sprinkle with the remaining ¼ teaspoon salt.

4. Meanwhile, whisk coconut milk, peanut butter, lime juice, water, tamari (or soy sauce), chili-garlic sauce and maple syrup in a medium bowl. Serve the potatoes with the sauce and top with cilantro, if desired.

SERVES 8: 1 cup sweet potatoes & 2 Tbsp. sauce each

Cal 167 **Fat** 10g (sat 2g) **Chol** 0mg **Carbs** 18g **Total sugars** 5g (added 2g) **Protein** 4g **Fiber** 3g **Sodium** 339mg **Potassium** 299mg.

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COLD SHRIMP RAMEN SALAD

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Grilled Peach & Brie Smothered Chicken

ACTIVE: 20 min **TOTAL:** 20 min

This super-fast meal tastes best on the deck with a chilled glass of gewürztraminer. The fruity white pairs nicely with the peaches here.

- **1 pound chicken cutlets**
- **½ teaspoon ground pepper, divided**
- **¼ teaspoon salt plus ⅛ teaspoon, divided**
- **1 firm ripe peach, halved**
- **4 ounces Brie cheese, sliced**
- **3 tablespoons extra-virgin olive oil**
- **2 tablespoons white balsamic vinegar**
- **2 tablespoons fresh tarragon leaves, plus more for garnish**
- **1 5-ounce package baby arugula**

1. Preheat grill to medium-high.

2. Sprinkle chicken with ¼ teaspoon each pepper and salt.

3. Oil the grill rack. Grill peach halves, cut-side down, until lightly charred, 4 to 5 minutes. Transfer to a cutting board and slice. Grill the chicken until an instant-read thermometer inserted in the thickest part registers 160°F, 3 to 5 minutes. Flip and top the chicken with the peach slices and cheese. Grill until an instant-read thermometer inserted in the thickest part registers 165°F and the cheese is melted, 1 to 2 minutes more.

4. Whisk oil, vinegar, tarragon and the remaining ¼ teaspoon pepper and ⅛ teaspoon salt in a large bowl. Add arugula and toss to coat. Serve the chicken on top of the arugula. Garnish with more tarragon, if desired.

SERVES 4: 3 oz. chicken & 1½ cups salad each
Cal 342 **Fat** 20g (sat 6g) **Chol** 93mg **Carbs** 7g **Total sugars** 5g (added 0g) **Protein** 33g **Fiber** 1g **Sodium** 481mg **Potassium** 262mg.

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RECIPE BY CAROLYN MALCOUN

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Herbed Couscous & Almond Stuffed Eggplant

ACTIVE: 30 min **TOTAL:** 30 min

Smoky almonds, meaty eggplant and whole-grain couscous make this meal plenty satisfying. Harissa gives the creamy sauce a little kick.

- ⅔ cup water plus 1 tablespoon, divided
- ½ cup whole-wheat couscous
- ½ teaspoon salt, divided
- 2 medium eggplants (about 1 pound each)
- 3 tablespoons extra-virgin olive oil, divided
- ¼ teaspoon ground pepper
- 1 clove garlic, finely chopped
- ⅓ cup mayonnaise
- 2 teaspoons harissa paste *or* ½ teaspoon harissa seasoning
- ½ cup chopped smoke-flavored almonds
- ½ cup chopped fresh parsley

1. Preheat grill to medium-high.

2. Combine ⅔ cup water, couscous and ⅛ teaspoon salt in a small saucepan. Bring to a boil over high heat. Remove from heat, cover and set aside.

3. Halve eggplants through the stem; brush the cut sides with 2 tablespoons oil and sprinkle with ¼ teaspoon salt and pepper. Grill the eggplants, flipping once halfway, until charred and tender, 10 to 12 minutes. Let cool for 5 minutes.

4. Meanwhile, mash garlic with the remaining ⅛ teaspoon salt on a cutting board with a fork. Combine the garlic paste, mayonnaise, harissa and the remaining 1 tablespoon water in a small bowl.

5. Leaving a ¼-inch-thick wall, carefully scoop out the eggplant flesh and chop. Stir the eggplant flesh into the couscous along with almonds, parsley and the remaining 1 tablespoon oil. Mound the filling in the eggplant shells. Serve with the sauce.

SERVES 4: ½ eggplant & 2 Tbsp. sauce each
Cal 457 **Fat** 33g (sat 4g) **Chol** 8mg **Carbs** 35g **Total sugars** 9g (added 0g) **Protein** 9g **Fiber** 11g **Sodium** 522mg **Potassium** 570mg

THE FIBER FACTOR

Light and fluffy couscous is made by rolling coarse semolina flour, resulting in small round granules. Choosing a whole-wheat variety gives you three times the fiber of white.

ILLUSTRATION BY EMMA D BEEN RECIPE BY CAROLYN MALCOLM

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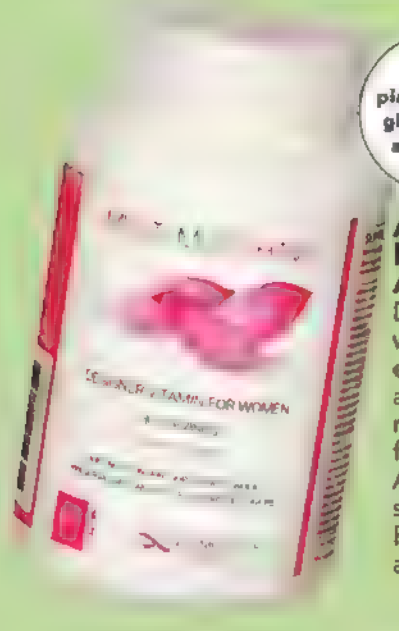

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Handsome Hog's Chopped Salad

ACTIVE: 25 min **TOTAL:** 25 min

At his restaurant, Handsome Hog, Justin Sutherland offers this salad topped with any barbecued meat on the menu. The chef recommends brisket—it takes this already Southern-inspired salad a step further.

- **½ cup cubed cornbread**
- **6 cups chopped romaine lettuce**
- **1½ cups thinly sliced red cabbage**
- **½ cup canned black-eyed peas, rinsed**
- **½ cup frozen roasted corn kernels, thawed**
- **½ cup halved cherry tomatoes**
- **¼ cup diced pimientos, rinsed**
- **½ cup prepared ranch dressing**
- **½ cup thinly sliced red onion**

1. Preheat oven to 350°F.

2. Spread cornbread cubes in a small baking pan. Bake, stirring once halfway, until golden, 8 to 10 minutes. Let cool.

3. Combine lettuce, cabbage, black-eyed peas, corn, tomatoes and pimientos in a large bowl. Add dressing and toss to coat. Serve topped with onion and the cornbread croutons.

SERVES 6: 1⅓ cups each

Cal 160 **Fat** 10g (sat 2g) **Chol** 9mg **Carbs** 15g **Total sugars** 5g (added 0g) **Protein** 3g **Fiber** 3g **Sodium** 272mg **Potassium** 270mg.

Chef Justin Sutherland

This *Iron Chef America* and *Top Chef* alum draws inspiration from his family ties to the Deep South when planning the menu at his flagship restaurant, the Handsome Hog, in St. Paul, Minnesota. In this salad he chose to focus on traditional Southern ingredients like cornbread, black-eyed peas and pimientos.

COURTESY HANDSOME HOG

Give It a Whirl

Spiralizers make recipe prep easy and allow little ones to help with "cutting." Plus those long, curly noodles make vegetables fun to eat. **By Joy Howard**

Peanut Zoodle Salad with Chicken

ACTIVE: 30 min **TOTAL:** 30 min
TO MAKE AHEAD: Refrigerate sauce (Step 1) for up to 3 days.
You'll end up with more peanut sauce than you need in this recipe, and that's a good thing! It makes a great dip or stir-fry sauce.

- ¾ cup creamy natural peanut butter
- ¾ cup hot water
- ¼ cup lime juice
- 2 tablespoons light brown sugar
- 2 tablespoons reduced-sodium tamari or soy sauce
- 1½ tablespoons fish sauce
- 1 teaspoon hot sauce, such as Sriracha
- 1 teaspoon grated garlic
- 4 cups spiralized zucchini (1 large)
- 3 cups spiralized red cabbage (about ½ small head)
- 1 cup spiralized carrot (1 large)
- ½ cup chopped fresh cilantro
- 2 cups shredded rotisserie chicken (8 ounces)
- ¼ cup chopped unsalted roasted peanuts

1. KIDS DO Combine peanut butter, water, lime juice, brown sugar, tamari (or soy sauce), fish sauce, hot sauce and garlic in a blender. Pulse until smooth.
2. KIDS DO Combine zucchini, cabbage, carrot and cilantro in a large bowl. Add 1 cup of the dressing (reserve the rest for another use) and toss to coat. Top the salad with chicken and peanuts. Serve immediately.
SERVES 4: 2 cups each
Cal 347 **Fat** 19g (sat 3g) **Chol** 49mg **Carbs** 19g **Total sugars** 9g (added 3g) **Protein** 26g **Fiber** 5g **Sodium** 745mg **Potassium** 643mg

1 **SPIRALIZE SAFELY** Opt for a veggie noodle maker that has suction cups on the legs and make sure it is securely attached to your work surface before starting.

2 **EVEN ENDS** For smooth spiralizing, trim both ends of your produce to create a flat surface that will fit snugly in the spiralizer's holders.

3 **WATCH YOUR HANDS** Remind young chefs to avoid the blade. Let them crank the handle while you collect the cut vegetables.

INSET: BRETT SIMISON

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SUMMER TABLE

5 IDEAS TO CELEBRATE THE SEASON

MEET KATE
Blogger and cookbook author Kate Bowler provides fun ideas to elevate every dish. Keep an eye out for her pro tips and don't forget to follow her **@domestikateblog** for more!

ASTRAKAN IMAGES/OFFSET [illegible] DELINE HEISING PHOTOGRAPHY

Build-Your-Own Grilled Cheese

ACTIVE: 15 min **TOTAL:** 15 min

It's called a grilled cheese, so why not make it on the grill? Multiply this recipe by the number of people you're serving, then set out all the toppings and let everyone make their own creations.

- **2 slices whole-wheat bread**
- **2 teaspoons softened butter *or* mayonnaise**
- **2 teaspoons flavoring, such as chopped fresh herbs, pesto, mustard *and/or* chopped sun-dried tomatoes**
- **2 slices cheese, such as Cheddar, American *and/or* Havarti**
- **¼ cup vegetables, such as sliced tomato, avocado *and/or* baby spinach**

1. Preheat grill to medium-high.

2. Brush one side of each slice of bread with butter (or mayonnaise). Brush or sprinkle the other side of one slice with flavoring. Top with 1 slice cheese, vegetables, then the remaining slice of cheese. Top with the remaining slice of bread, butter (or mayo) side up. Place the sandwich on a piece of foil.

3. Grill the sandwich on the foil, flipping once, until the cheese is melted and the bread is toasted, about 1 minute per side.

SERVES 1: 1 sandwich each

With butter, basil, sharp Cheddar, tomato:

Cal 461 **Fat** 29g (sat 16g) **Chol** 76mg **Carbs** 30g **Total sugars** 6g (added 0g) **Protein** 22g **Fiber** 5g **Sodium** 623mg **Potassium** 484mg.

KATE'S TIP

Juicy sliced tomatoes and savory Kerrygold Cheddar cheese are a must-try combo. The cheese, made with milk from grass-fed cows raised on Irish family farms, melts perfectly.

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JOHNNY AUTRY STYLING. CHARLOTTE AUTRY, RECIPE BY BREANA KILLEEN

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Blended Burgers with Quick Pickles

ACTIVE: 1 hr **TOTAL:** 1 hr

The secret to this super-juicy, tasty burger? Sautéed mushrooms cooked with a little smoked paprika, garlic powder and sherry vinegar are mixed in with the beef.

- 1 pound cremini mushrooms, halved if large
- 3 tablespoons extra-virgin olive oil, divided
- 5 tablespoons sherry vinegar, divided
- 2½ teaspoons smoked paprika, divided
- 2 teaspoons garlic powder
- ⅛ teaspoon salt plus ½ teaspoon, divided
- Pinch of sugar
- 2 cups sliced cucumbers
- 6 tablespoons mayonnaise
- 2 teaspoons tomato paste
- 2 pounds lean ground beef
- 8 ounces piquillo *or* Padrón peppers
- 6 ounces thinly sliced Manchego cheese
- 8 brioche buns, split and toasted
- Greens, red onion & tomato for serving

1. In batches, pulse mushrooms in a food processor, scraping down the sides once or twice, until finely chopped.

2. Heat 2 tablespoons oil in a large pot over medium-high heat. Add the mushrooms and cook, stirring occasionally, until browned and the liquid has evaporated, 5 to 7 minutes. Add 4 tablespoons vinegar, 2 teaspoons paprika and garlic powder. Cook, stirring, for 3 minutes. Scrape into a large bowl and spread into a thin layer. Let cool for 10 minutes.

3. Meanwhile, combine the remaining 1 tablespoon vinegar, ⅛ teaspoon salt and sugar in a small bowl. Add cucumbers and toss to combine. Combine mayonnaise, tomato paste and the remaining ½ teaspoon paprika in a small bowl. Set the cucumbers and aioli aside.

4. Preheat grill to medium-high.

5. Add beef and the remaining ½ teaspoon salt to the mushrooms. Mix well. Form into 8 equal patties, about 4 inches in diameter. Toss peppers with the remaining 1 tablespoon oil in a medium bowl. Transfer to a grill basket.

6. Oil the grill rack. Grill the burgers, flipping once, until an instant-read thermometer inserted in the thickest part registers 155°F, 8 to 10 minutes total. Grill the peppers, stirring occasionally, until browned, 5 to 8 minutes total.

7. Top the burgers with cheese and cook until melted, 1 to 2 minutes more. Serve the burgers on buns with greens, onion, tomato, the peppers, cucumbers and aioli.

SERVES 8: 1 burger each

Cal 695 **Fat** 39g (sat 15g) **Chol** 143mg **Carbs** 49g **Total sugars** 8g (added 0g) **Protein** 37g **Fiber** 5g **Sodium** 884mg **Potassium** 673mg.

JOHNNY AUTRY STYLING CHARLOTTE AUTRY RECIPE BY BREANA KILLEEN

KATE'S TIP
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Walnut Pesto Pasta Salad

ACTIVE: 30 min **TOTAL:** 30 min
TO MAKE AHEAD: Refrigerate pesto (Step 2) for up to 1 day.

Fresh tomatoes and roasted red peppers add a pop of bright color and juiciness here, but any of your favorite pasta-salad veggies, like blanched broccoli and fresh bell peppers, would be delicious too.

- **1 pound whole-wheat penne or rotini pasta**
- **2 cups lightly packed fresh basil leaves, plus more for garnish**
- **½ cup lightly packed flat-leaf parsley leaves**
- **½ cup chopped walnuts, toasted**
- **½ cup grated Parmesan cheese**
- **1 clove garlic, grated**
- **1 tablespoon lemon juice**
- **1 teaspoon salt**
- **¼ teaspoon ground pepper**
- **½ cup extra-virgin olive oil**
- **1 medium tomato, chopped**
- **½ cup chopped jarred roasted red peppers, rinsed**

1. Bring a large pot of water to a boil over high heat. Cook pasta according to package directions. Drain and rinse with cold water.
2. Meanwhile, combine basil, parsley, walnuts, Parmesan, garlic, lemon juice, salt and pepper in a food processor. Pulse, scraping down the sides as necessary, until finely chopped. With the motor running, slowly drizzle in oil.
3. Transfer the pesto to a large bowl and add the pasta, tomato and peppers. Toss to coat. Top with more basil, if desired.

SERVES 8: 1 cup each
Cal 417 **Fat** 22g (sat 3g) **Chol** 4mg **Carbs** 47g **Total sugars** 2g (added 0g) **Protein** 11g **Fiber** 6g **Sodium** 472mg **Potassium** 380mg.

KATE'S TIP
The flavor of California walnuts, enhanced by toasting in this recipe, makes them a delicious substitute for the more traditional choice, pine nuts.

SPONSORED BY CALIFORNIA WALNUTS

JOHNNY AUTRY, STYLING; CHARLOTTE AUTRY RECIPE BY ADAM DOLGE

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*California walnuts are certified by the American Heart Association® Heart-Check food certification does not apply to recipes unless expressly stated. See heartcheckmark.org/guidelines. Supportive but not conclusive research shows that eating 1.5 ounces of walnuts per day, as part of a low saturated fat and low cholesterol diet and not resulting in increased calorie intake, may reduce the risk of coronary heart disease (FDA) One ounce of walnuts provides 18g of total fat, 2.5g of monounsaturated fat, 13g of polyunsaturated fat including 2.5g of alpha-linolenic acid – the plant-based omega-3.

Slab Tomato Tart with Burrata

ACTIVE: 40 min **TOTAL:** 3 hrs (including chilling time)
TO MAKE AHEAD: Refrigerate dough (Step 1) for up to 2 days. **EQUIPMENT:** 10-by-15-inch jelly roll pan, parchment paper, pie weights or dry beans
A touch of cornmeal adds texture and nutty flavor to buttery pastry dough.

- 1½ cups all-purpose flour, plus more for rolling
- ¾ cup cornmeal
- ½ teaspoon salt plus a pinch, divided
- 12 tablespoons (6 ounces) cold lightly salted goat milk butter, cut into chunks
- 4-5 tablespoons ice water
- ¼ cup extra-virgin olive oil
- 2 tablespoons chopped fresh herbs, such as basil *and/or* dill, plus more for garnish
- 1 small clove garlic, grated
- 3 large heirloom tomatoes, thinly sliced
- 8 ounces burrata, torn
- Flaky salt for garnish

1. Mix flour, cornmeal and ½ teaspoon salt in a large bowl or food processor. Cut in butter using a pastry blender, two knives or by pulsing in the food processor until the butter forms pebble-size pieces with the flour. Add water, 1 tablespoon at a time, until the dough is evenly moist (but not wet) and is just starting to clump together, being careful not to overmix. Pat the dough into a 5-by-7-inch rectangle and wrap in plastic. Refrigerate for at least 1 hour and up to 2 days.
2. Preheat oven to 400°F. Let the dough stand at room temperature for about 15 minutes before rolling.
3. Roll the dough on a lightly floured surface into a 12-by-17-inch rectangle. Check for sticking frequently and dust with more flour if necessary. Transfer the dough to an ungreased 10-by-15-inch jelly roll pan and press into the bottom and up the sides. Prick with a fork several times; line with parchment paper and cover with pie weights (or dry beans).
4. Bake the crust for 15 minutes. Remove the paper and weights and continue to bake until the crust is lightly browned, 8 to 12 minutes more.
5. Combine oil, herbs, garlic and the remaining pinch of salt in a small bowl. Brush the mixture over the crust. Arrange tomato slices on top and scatter with burrata, more herbs and flaky salt, if desired.

SERVES 8: 1 piece each
Cal 439 **Fat** 33g (sat 17g) **Chol** 80mg **Carbs** 29g **Total sugars** 2g (added 0g) **Protein** 9g **Fiber** 2g **Sodium** 318mg **Potassium** 223mg.

Meyenberg BUTTER

KATE'S TIP
Creamy Meyenberg Goat Milk Butter enhances the savory flavor of this tender pastry crust. I love the juicy tomatoes here, but you can top it with other veggies, too—like thinly sliced zucchini.

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KATE'S TIP
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Olive Oil & Rye Chocolate Chunk Blondies

ACTIVE: 15 min **TOTAL:** 1¾ hrs
TO MAKE AHEAD: Store airtight for up to 3 days or freeze for up to 3 months.
EQUIPMENT: Parchment paper
One taste of these blondies and you'll see why using rye flour (yes, the same flour in rye bread) makes sense—the earthy grain dovetails well with the bittersweet chocolate chunks.

- **1 cup packed light brown sugar**
- **½ cup extra-virgin olive oil**
- **2 large eggs**
- **1 tablespoon vanilla extract**
- **½ cup rye flour**
- **⅓ cup all-purpose flour**
- **½ teaspoon baking powder**
- **¼ teaspoon salt**
- **¾ cup coarsely chopped dark chocolate, divided**
- **¼ teaspoon flaky sea salt, such as Maldon**

1. Preheat oven to 350°F. Line an 8-inch-square baking pan with parchment paper, allowing it to overhang the edges. Coat the paper and pan sides with cooking spray.
2. Whisk brown sugar and oil in a large bowl until combined. Add eggs and vanilla and whisk until combined. Combine rye flour, all-purpose flour, baking powder and salt in a medium bowl. Add the dry ingredients to the wet ingredients, stirring until just combined. Fold in ½ cup chocolate. Scrape the mixture into the prepared pan and sprinkle with the remaining ¼ cup chocolate and flaky salt.
3. Bake until a toothpick inserted in the center comes out clean, 25 to 30 minutes. Let cool in the pan on a wire rack for 1 hour before cutting into squares.
SERVES 16: one 2-inch square each
Cal 182 **Fat** 10g (sat 2g) **Chol** 24mg **Carbs** 22g **Total sugars** 16g (added 16g) **Protein** 2g **Fiber** 1g **Sodium** 98mg **Potassium** 78mg.

JENNIFER CAULEY; STYLING: CHELSEA ZIMMER (FOOD); CLAIRE SPOLLEN (PROPS); RECIPE BY ALANNA LIPSON

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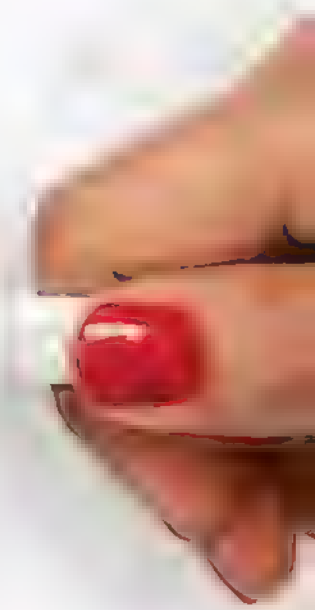

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GOOD FOOD FAST

WHIR 'EM UP!

We all know a smoothie is a great way to get your fruits and veggies in first thing. Use this formula to make them slurp-till-the-last-drop delicious with whatever you have on hand.
By Devon O'Brien

OUR FORMULA

Add ½ to 1 cup **liquid** *(see below)*, 1 Tbsp. to ¼ cup of a **creamy add-in,** ½ tsp. to 1 Tbsp. of a **flavor boost,** 1 to 2 cups of **frozen fruits and vegetables,** and a touch of **sweetener,** if desired.

Liquid
- Kefir
- Juice
- Iced coffee
- Milk
- Plant-based milk
- Water

Creamy Add-in
- Nut butter
- Yogurt
- Coconut cream
- Avocado

Flavor Boost
- Vanilla extract
- Lemon juice
- Cocoa powder
- Ground cardamom
- Ground cinnamon
- Lime juice
- Ginger
- Turmeric
- Fresh mint

Frozen Fruits & Vegetables
- Spinach
- Kale
- Cauliflower
- Banana
- Peach
- Berries
- Cherries
- Pineapple
- Mango
- Acai puree
- Kiwi
- Apple
- Melon

Sweetener
- Agave
- Honey
- Maple syrup
- Sugar
- Dates

OUR FAVORITE COMBOS

Mango Raz
- ½ cup water
- ¼ medium avocado
- 1 Tbsp. lemon juice
- ¾ cup frozen mango
- ¼ cup frozen raspberries
- Agave (optional)

PB & Banana
- 1 cup plain kefir
- 1 Tbsp. peanut butter
- 1 cup spinach
- 1 frozen banana
- Honey (optional)

Coconut Blueberry
- ¼ cup light coconut milk
- ¼ cup orange juice
- 2 Tbsp. coconut cream
- 1 cup frozen blueberries
- Maple syrup (optional)

Cherry Pie
- ½ cup oat milk
- 1 Tbsp. almond butter
- 1 tsp. cocoa powder
- ½ tsp. vanilla extract
- 1 cup frozen dark sweet cherries
- Brown sugar (optional)

Peachy Strawberry
(Photo: page 59)
- ½ cup apple juice
- ¼ cup low-fat plain yogurt
- ½ cup frozen cauliflower rice
- ½ cup frozen strawberries
- ½ cup frozen peaches
- Granulated sugar (optional)

NUTRITION INFO: page 107

See our top blender picks:
Hover your phone's camera over this smart code—no app required.

FOOD STYLING JAMIE KIMM

Real strawberries.

Real almonds.

SPECIAL K

You can't fake delicious.

It's the real ingredients that make Special K really tasty.

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Plant-Based Meatsplainer

If you want to go meatless but don't want to miss out on beefy savor (and even juicy pink centers and bits of fat), there's never been a better time to shop your supermarket. We scanned nutrition labels and put 15 brands to the taste test. Here's what we learned, plus our four favorites.
By Joyce Hendley, M.S.

THE UPSIDE:
In addition to tasting and looking like beef, most are nutritionally similar too. Calorie-wise they range around 200 to 250 calories per 4-ounce serving (compared to 200 in lean ground beef), and some are fortified with key nutrients in beef that vegetarians can have trouble getting, like iron, zinc and vitamin B_{12}. Plus, unlike beef, you'll likely get a hit of fiber—many blends have the same amount as ½ cup of oatmeal.

Sweet Earth Awesome Grounds
190 cal, 11g fat (6g sat.), 16g protein, 4g fiber, 310mg sodium
Form this ground pea "meat" into patties yourself (bonus: it gives you the option to mix in additional spices). The flavor immediately says "seasoned beef" with a juicy bite to match.

Impossible Burger
240 cal, 14g fat (8g sat.), 19g protein, 3g fiber, 370mg sodium
Soy and potato proteins form a grind that sizzles, smells and tastes like beef. Cook it medium-rare for the best results. We're talking a juicy center with crispy edges.

Morning Star Farms Incogmeato Burger Patties
250 cal, 18g fat (5g sat.), 21g protein, 8g fiber, 370mg sodium
Despite its name, this blend has nothing to hide. The soy-based patty has the meaty texture you want from a burger with bits of plant-based gristle and beefy flavor.

THE DOWNSIDE:
Watch the sodium; we looked for ones with less than 400mg. That's still five times the amount in ground beef. But don't fret: just consider them preseasoned and skip salting. In terms of saturated fat, be aware that many of these blends get their richness from coconut oil, giving them just as much (if not more) sat fat as beef (4 grams per 4 ounces of raw).

Beyond Burger Plant-Based Patties
260 cal, 18g fat (5g sat.), 20g protein, 2g fiber, 350mg sodium
This choice has the most meat-like texture and look, thanks to flecks of coconut oil that mimic the marbling in beef and provide that classic oily sheen. The umami-forward flavor has just a hint of beaniness poking through from the pea and mung bean proteins.

FOOD STYLING: NORA SINGLEY

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Oscar Mayer
NATURAL. DELICIOUS. OSCAR MAYER. EASIEST HEADLINE EVER.
NATURAL
NO ARTIFICIAL INGREDIENTS. NO ANTIBIOTICS. EVER.

Keen on Quinoa

Precooked versions of this seed are making their way onto grocery store shelves. Snag some to keep on hand for last-minute meals. From salads to casseroles, check out these 6 simple ways to make the most of an 8-ounce microwaveable pouch. **By Carolyn Hodges**

1 **Crunchy Salad Topper**
Toss the **quinoa** with 2 tsp. **oil** and spread on a rimmed baking sheet. Broil, stirring halfway through, until the quinoa is golden brown, 5 to 7 minutes.

2 **Tomato-Basil Bean Salad**
Mix the **quinoa,** rinsed **white beans,** chopped **red onion, sun-dried tomatoes in oil** (reserve the oil) and chopped **basil** in a bowl. Dress with the reserved oil and some **red-wine vinegar.**

3 **Zucchini Fritters**
Combine the **quinoa,** 2 cups grated **zucchini** (squeezed to remove moisture), a handful of chopped **parsley,** ½ cup **grated Parmesan cheese,** ⅓ cup **seasoned breadcrumbs** and 2 large **eggs.** Shape into patties. Pan-fry in **oil** for 3 to 4 minutes per side.

4 **Quick Lentil Tabbouleh**
Toss together the **quinoa, cooked lentils,** chopped **cucumber, tomato, green onion** and **parsley.** Toss with fresh **lemon juice** and **olive oil;** season with **salt** and **pepper.**

5 **Meatless Taco Filling**
Combine the **quinoa** and a 15-oz. can **black beans** (rinsed) in a large skillet. Stir in ¾ cup **water** and a 1.25-oz. **taco seasoning** packet. Simmer until heated through. Top with sliced **scallions.**

6 **Mediterranean Stuffed Mushrooms**
Mix the **quinoa** with chopped **spinach, roasted red peppers, olives** and **crumbled feta cheese;** toss with **olive oil** and **balsamic vinegar.** Stuff into **portobello mushrooms** (gills removed). Bake at 425°F for 15 to 20 minutes.

FOOD STYLING JAMIE K MAY

SPREADABLE CHEESE.
ELEVATED FLAVOR.
NATURALLY!

Oscar Mayer

NO ARTIFICIAL INGREDIENTS, 10G OF PROTEIN.

Go Ahead, It's Summer.

With all the stress that 2020 has brought, you deserve a little downtime. So do as the French do and treat yourself to an apéro. *It's how they do happy hour: just pour a glass of rosé or mix up a Cassis Spritz, make some snacks and put your feet up—preferably outside—with a light nibble. It can be as simple as a nice wedge of Brie, hard salami and crusty baguette, or more dressed up with Spicy Herbed Olives, Chive Cheese Crackers and Goat Cheese Canapés with Peach, Sage & Prosciutto. And if you take the truly chilled-out approach and let these light bites be your dinner, we certainly won't judge.* **BY STACEY BALLIS**

Photography by
Angie Mosier

Styling by
Jenni Ridall

Relax.

White Gazpacho

ACTIVE: 25 min **TOTAL:** 2 hrs 25 min (including 2 hrs chilling time)
TO MAKE AHEAD: Refrigerate for up to 2 days.
This take on gazpacho replaces the tomato with melon or grapes for a sweeter taste and gets its silky texture from Marcona almonds. If you can't find them, use skinless almonds and add 1 tablespoon oil and a pinch more salt.

- **3½ cups chopped peeled English cucumbers (about 2 large), divided**
- **3 cups chopped ripe honeydew melon *or* white grapes**
- **1½ cups Marcona almonds, divided**
- **1½ cups low-sodium vegetable broth**
- **¾ cup white grape *or* apple juice**
- **1 large shallot, chopped**
- **1½ tablespoons chopped fresh mint plus 1½ teaspoons, divided**
- **4 teaspoons chopped fresh dill, divided**
- **½ cup extra-virgin olive oil**
- **3 tablespoons cider vinegar**
- **1 teaspoon kosher salt**
- **¾ teaspoon ground white pepper**

1. Combine 3 cups cucumber, melon (or grapes), 1¼ cups almonds, broth, juice, shallot, 1½ tablespoons mint and 3 teaspoons dill in a blender. Pulse until you get a coarse paste, then process until very smooth. With the motor running, slowly add oil. Add vinegar, salt and pepper; process on high for 1 minute. Transfer to a large bowl, cover and refrigerate until chilled, at least 2 hours and up to 2 days.
2. Just before serving, chop the remaining ¼ cup almonds and combine in a small bowl with the remaining ½ cup cucumber, 1½ teaspoons mint and 1 teaspoon dill; mix well. Serve the gazpacho topped with the cucumber mixture.
SERVES 12: ⅔ cup gazpacho each
Cal 230 **Fat** 18g (sat 2g) **Chol** 0mg **Carbs** 12g **Total sugars** 6g (added 0g) **Protein** 4g **Fiber** 1g **Sodium** 226mg **Potassium** 159mg.

Cassis Spritz

ACTIVE: 5 min **TOTAL:** 5 min

A spritz is a perfect apéro cocktail, refreshing and low-alcohol. It opens the palate instead of overwhelming it, making it an ideal pairing with whatever delicious snacks you are serving.

Ice
1 ounce crème de cassis *or* black currant syrup
2 ounces dry white vermouth *or* dry white wine
Sparkling water, chilled
1 strip orange zest for garnish

Fill a tall glass with ice. Add crème de cassis (or syrup), then vermouth (or wine). Top with sparkling water. Garnish with orange zest.

SERVES 1: 5 oz.
Cal 129 **Fat** 0g (sat 0g) **Chol** 0mg **Carbs** 17g **Total sugars** 16g (added 16g) **Protein** 0g **Fiber** 0g **Sodium** 10mg **Potassium** 0mg.

Goat Cheese Canapés with Peach, Sage & Prosciutto

ACTIVE: 15 min **TOTAL:** 15 min

There are endless ways to change these up—plums and tarragon, cherries and mint, apricots and chervil. Mix 6 ounces of softened goat cheese with 1 tablespoon honey if you can't find honey chèvre. (Photo: pages 1 & 66.)

- **6 ounces honey chèvre**
- **12 slices baguette, ¼ inch thick**
- **2 ripe peaches, thinly sliced**
- **12 very small sage leaves *or* 4 chopped large sage leaves**
- **2 ounces thinly sliced duck *or* pork prosciutto *(see Tip, page 105)***

Spread chèvre on each baguette slice. Top with peach slices. Tuck sage between the peaches and top each canapé with some prosciutto.

SERVES 6: 2 canapés each
Cal 160 **Fat** 6g (sat 4g) **Chol** 27mg **Carbs** 18g **Total sugars** 7g (added 2g) **Protein** 9g **Fiber** 2g **Sodium** 324mg **Potassium** 96mg.

Chive Cheese Crackers

ACTIVE: 40 min **TOTAL:** 2 hrs

TO MAKE AHEAD: Refrigerate dough logs (Steps 1-2) for up to 3 days. Store crackers airtight at room temperature for up to 1 week or freeze for up to 3 months. **EQUIPMENT:** Parchment paper

These can't-stop-at-one crackers are like cheesy shortbread cookies. The texture is slightly crisp on the edges and a bit tender in the center.

- **5 ounces Boursin, at room temperature**
- **½ cup grated Parmesan cheese**
- **¼ cup (½ stick) unsalted butter, softened**
- **1 teaspoon kosher salt**
- **¼ teaspoon ground white pepper**
- **1 large egg**
- **2 tablespoons chopped fresh chives**
- **½ cup all-purpose flour, plus more as needed**
- **½ cup white whole-wheat flour**
- **Poppy seeds *or* chopped nuts for garnish**

1. Place Boursin in the bowl of a stand mixer fitted with a paddle attachment. Add Parmesan, butter, salt and pepper and beat just to combine. Add egg and chives; beat to combine. Add all-purpose flour and whole-wheat flour and mix at low speed, adding more all-purpose flour, 1 tablespoon at a time, until a cohesive dough forms (it should have the feel of soft Play-Doh).

2. Divide the dough in half and shape each piece into a 6-inch log, 1½ inches in diameter. Wrap the logs tightly in plastic wrap and freeze until firm, about 1 hour, or refrigerate for up to 3 days.

3. Preheat oven to 400°F. Line 2 baking sheets with parchment paper.

4. Spread a layer of seeds or nuts, if using, on a rimmed baking sheet. Roll the chilled logs firmly in the seeds to coat. Slice into even ⅛- to ¼-inch-thick slices. Arrange about 1 inch apart on the prepared baking sheets.

5. Bake one pan of crackers at a time, rotating the pan halfway, until light golden around the edges and browned on the bottom, 12 to 16 minutes. Let cool completely on the pan on a wire rack, about 20 minutes.

SERVES 12: about 4 crackers each
Cal 139 **Fat** 10g (sat 6g) **Chol** 42mg **Carbs** 9g **Total sugars** 0g (added 0g) **Protein** 4g **Fiber** 1g **Sodium** 305mg **Potassium** 27mg.

Carrot Rillettes with Dukkah

ACTIVE: 35 min **TOTAL:** 3 hrs 20 min

TO MAKE AHEAD: Refrigerate rillettes (Steps 1 & 5) for up to 2 days. Store dukkah (Steps 2-4) airtight at room temperature for up to 1 week or freeze for up to 3 months. **EQUIPMENT:** Mortar and pestle (or clean spice grinder)

Traditional French rillettes are made by slowly cooking pork or duck in its own fat to make a spread. This recipe takes inspiration from that technique to make a plant-based version with carrots. Serve with crackers or bread.

- **2 pounds medium carrots, peeled**
- **2 cups melted coconut oil**
- **½ cup unsalted shelled pistachios**
- **¼ cup hazelnuts**
- **¼ cup unsalted sunflower seeds**
- **2 tablespoons sesame seeds**
- **1½ teaspoons coriander seeds**
- **1½ teaspoons fennel seeds**
- **1½ teaspoons cumin seeds**
- **1¼ teaspoons flaky salt, such as Maldon**
- **¾ teaspoon ground pepper, divided**
- **½ teaspoon dried mint**
- **Pinch of crushed red pepper**
- **2 tablespoons cider vinegar**
- **1-2 teaspoons harissa**
- **1 teaspoon grated fresh ginger**
- **1 teaspoon kosher salt**

1. Place carrots in a single layer in a 6-quart or larger slow cooker or in a large pot. Pour oil over them. Cook in the slow cooker on High or cover the pot and bake in a 250°F oven until the carrots are completely tender, 3 to 4 hours.

2. Meanwhile, toast pistachios, hazelnuts, sunflower seeds and sesame seeds in a medium skillet over medium-low heat, stirring constantly, until fragrant, 2 to 4 minutes. Transfer to a bowl. Wipe out the pan.

3. Increase heat to medium-high. Add coriander, fennel and cumin seeds to the pan and toast, swirling the pan, until fragrant, about 30 seconds. Transfer to a mortar and pestle or clean spice grinder and coarsely grind.

Follow us on Instagram for a new drink every Friday! Just hover your phone's camera over this smart code to scan it.

4. Transfer the nut mixture to a food processor and pulse until finely chopped. Return to the bowl along with the toasted spices, flaky salt, ½ teaspoon pepper, mint and crushed red pepper; mix well.

5. Using tongs, transfer the carrots to the food processor. Add 1 tablespoon of the still-warm oil along with vinegar, harissa to taste, ginger, kosher salt and the remaining ¼ teaspoon pepper. Pulse to a coarse paste.

6. Spread the rillettes on a serving platter and sprinkle with ¼ cup dukkah. Serve with more dukkah, if desired.

SERVES 16: ¼ cup each
Cal 75 **Fat** 6g (sat 4g) **Chol** 0mg **Carbs** 6g **Total sugars** 3g (added 0g) **Protein** 1g **Fiber** 2g **Sodium** 198mg **Potassium** 194mg.

STACEY BALLIS *is a food journalist, recipe developer and the author of 10 culinary novels, including* How to Change a Life. *She lives in Chicago.*

Spicy Herbed Olives

ACTIVE: 10 min **TOTAL:** 40 min

TO MAKE AHEAD: Refrigerate for up to 5 days. Bring to room temperature before serving.

Toss olives with orange zest, herbs and spices and just like that you have something that screams it's not just another boring Tuesday evening.

- **2 cups assorted olives**
- **1 tablespoon extra-virgin olive oil**
- **Zest of 1 orange**
- **1½ teaspoons minced fresh tarragon, thyme or rosemary**
- **¼ teaspoon ground coriander**
- **¼ teaspoon Piment d'Espelette**

Toss olives with oil in a medium bowl until coated. Sprinkle with orange zest, herbs, coriander and pepper; mix well. Let stand at room temperature, stirring occasionally, for 30 minutes before serving.

SERVES 16: 2 Tbsp. each

Cal 49 **Fat** 5g (sat 0g) **Chol** 0mg **Carbs** 1g **Total sugars** 0g (added 0g) **Protein** 0g **Fiber** 0g **Sodium** 262mg **Potassium** 3mg.

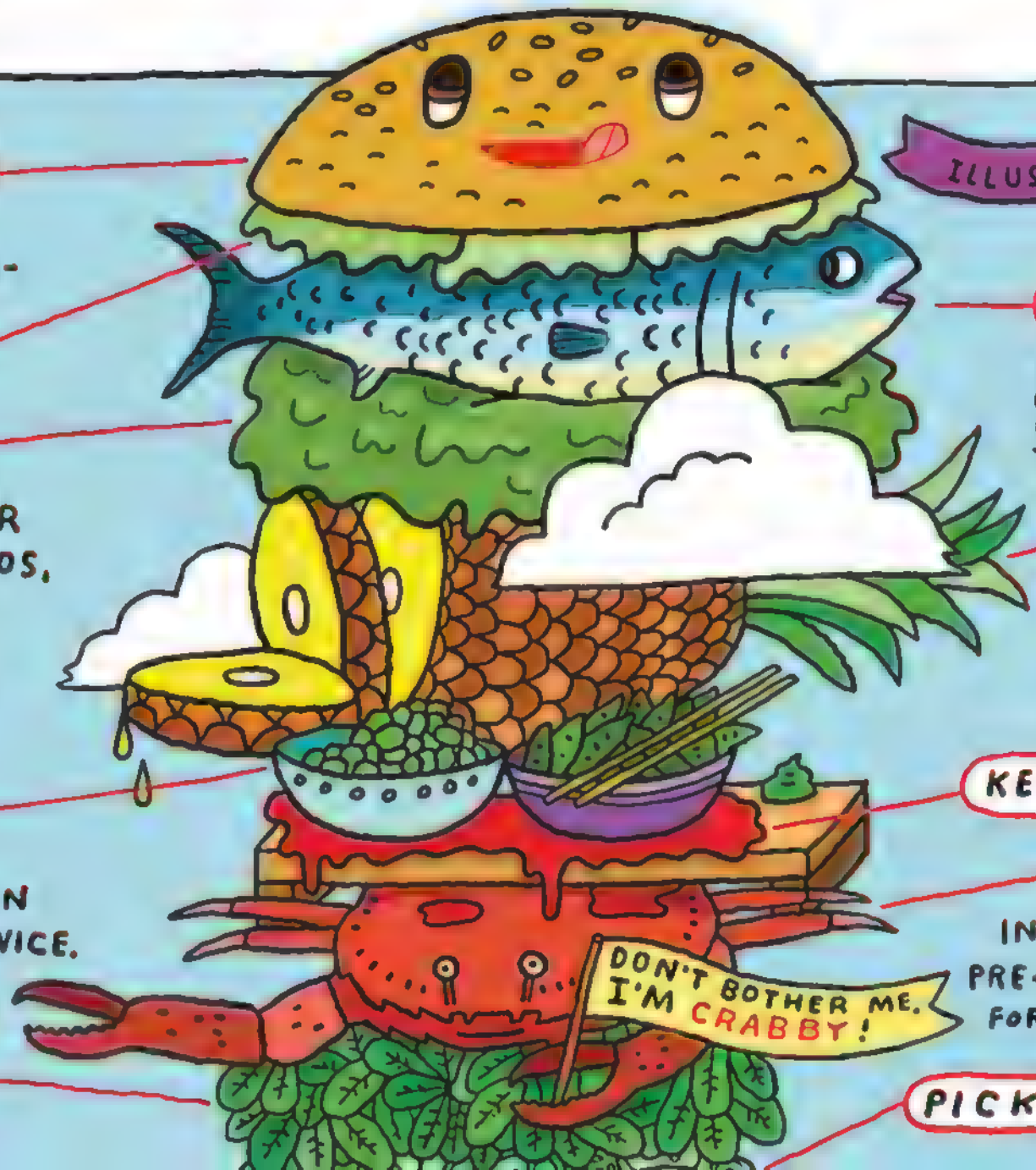
SEE HOW TO MAKE
Chive Cheese Crackers
PAGE 105

WHERE'S THE BEEF?

AND MORE OBSERVATIONS FROM 30 YEARS OF BURGERS

Since 1990, EatingWell has visited and revisited that American icon, the hamburger, more than any other sandwich. Looking through the archives of those recipes provides a road map of sorts, an illustration of the ways we bring good health and good taste together. Following are some of our most well-traveled routes and delicious takes on each.

ILLUSTRATED BY AARON MESHON



CAULIFLOWER BUN

THIS BUN CAME OUT OF TODAY'S CAULIFLOWER-RUN-AMOK ERA.

LETTUCE

GUACAMOLE

IT'S HARD TO REMEMBER A TIME BEFORE AVOCADOS, BUT GUACAMOLE DIDN'T APPEAR ON AN EATINGWELL BURGER UNTIL 2007.

EDAMAME

EDAMAME'S SOY PROTEIN REPLACED THE BEEF TWICE.

MÂCHE

TUNA BURGER

A RECIPE IN THE UNION SQUARE CAFE COOKBOOK BY DANNY MEYER AND MICHAEL ROMANO INSPIRED THIS 1995 TUNA PATTY.

PINEAPPLE

IN 2006 WE CHOPPED UP PINEAPPLE AND MIXED IT WITH GROUND LAMB.

KETCHUP

CRAB

OPTING FOR CONVENIENCE, IN 2005 WE RECOMMENDED USING PRE-PICKED PASTEURIZED CRABMEAT FOR THIS BALTIMORE-STYLE PATTY.

PICKLES

MÂCHE WAS BECOMING WIDELY AVAILABLE WHEN IT MADE IT'S WAY ON TOP OF A 2010 BURGER.

MUSTARD

MAYO

BISON PATTY

MEAT GURU BRUCE AIDELLS STARTED OUR LOVE FOR BISON BURGERS BACK IN 2008.

PUMPKIN

PUMPKIN APPEARED IN A VEGGIE BURGER IN 2002 THAT WAS SERVED IN A TORTILLA.

BULGUR

BULGUR BULKED UP 7 OF OUR BURGERS.

ROQUEFORT

WE CHOSE ROQUEFORT TO STUFF INTO OUR FIRST INSIDE-OUT CHEESE BURGER.

PIMIENTO CHEESE

PIMIENTO CHEESE MELTED ONTO AN OPEN-FACE BURGER IN 2015.

BLACK BEANS

BLACK BEANS WERE ONE OF 12 INGREDIENTS IN A SOUTHWESTERN-INSPIRED PATTY FROM 1995.

ONIONS

PECANS

ALONG WITH WALNUTS, SUNFLOWER SEEDS AND ALMONDS, PECANS ARE ONE OF THE MANY NUTS AND SEEDS WE'VE ADDED.

HATCH CHILES

IN 2017 THE HATCH CHILE JOINED THE PROCESSION OF PEPPERS TO GRACE OUR BURGERS, FROM JALAPEÑOS TO POBLANOS.

TZATZIKI

SINCE OUR FIRST BURGER FEATURE STORY IN 1993, TZATZIKI HAS BEEN A FAVORITE CREAMY TOPPING.

BUN

EATING WELL

Bring on the Fixins Our food editors' body of work makes it clear that to create a standout, the best way is to use a free hand with the toppings. Manchego and piquillo peppers grace our cover this month. There was cilantro pesto in '95, raita in '02 and cherry ketchup in '08. Recently we've been sure kimchi is a winner—it appeared in both '13 and '19.

2013: Korean Turkey Burgers with Kimchi

ACTIVE: 30 min **TOTAL:** 30 min

The spicy, fermented crunch of the cabbage and veggies in kimchi make it perfect in the pickle role on a burger, albeit with a touch more heat. Look for kimchi near other refrigerated Asian ingredients or near sauerkraut and pickles. You can find gochujang, a Korean chile paste that keeps these turkey burgers moist, with other Asian ingredients.

- **1 pound 93%-lean ground turkey**
- **3 scallions, sliced**
- **8 teaspoons gochujang, divided**
- **1 teaspoon toasted sesame oil**
- **2 tablespoons low-fat mayonnaise**
- **4 whole-wheat hamburger buns, toasted**
- **12 slices English cucumber**
- **1 cup kimchi**

1. Preheat grill to medium-high.
2. Combine turkey, scallions, 5 teaspoons gochujang and sesame oil in a medium bowl; gently knead together. Do not overmix. Form into 4 burgers, about 4 inches wide.
3. Oil the grill rack. Grill the burgers until an instant-read thermometer inserted in the center registers 165°F, 3 to 4 minutes per side. Let rest for 5 minutes.
4. Meanwhile, combine mayonnaise and the remaining 3 teaspoons gochujang in a small bowl. Assemble the burgers on toasted buns with 2 teaspoons of the mayonnaise mixture, 3 slices cucumber and ¼ cup kimchi each.

SERVES 4

Cal 341 **Fat** 12g (sat 3g) **Chol** 67mg **Carbs** 33g **Total sugars** 8g (added 7g) **Protein** 28g **Fiber** 5g **Sodium** 782mg **Potassium** 441mg.

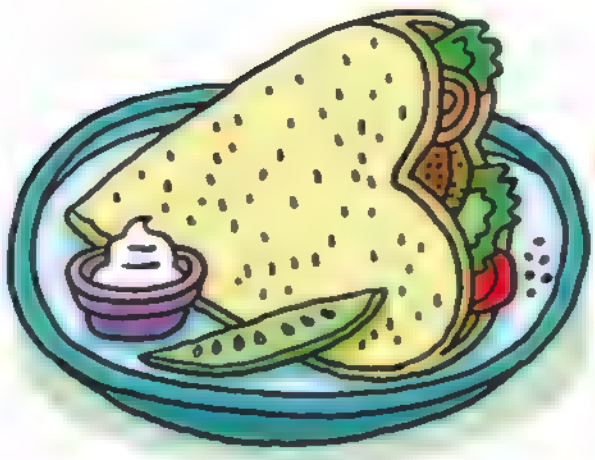
Enjoy our curated collection of 30 years of burgers! Just hover your phone's camera over this smart code.

2008: Turkish Lamb Pita Burgers

ACTIVE: 1 hour **TOTAL:** 1 hour
TO MAKE AHEAD: Cover and refrigerate yogurt sauce (Step 3) for up to 3 days.
EQUIPMENT: Spice grinder or mortar and pestle
A bold spice blend flavors this burger and the creamy sauce that tops it. We call for toasting whole coriander and cumin seeds for the biggest bang, but swap in ground (and don't toast) for a shortcut. The addition of lean turkey lightens up the lamb.

- ⅓ cup bulgur
- 1 cup boiling water
- 2 teaspoons whole coriander seeds
- 2 teaspoons whole cumin seeds
- ¾ cup nonfat plain Greek yogurt
- ¼ cup finely chopped scallion greens
- 4 tablespoons chopped flat-leaf parsley, divided
- 2 tablespoons chopped fresh mint
- 1 tablespoon chopped fresh oregano
- 1 teaspoon freshly grated lemon zest
- 1 tablespoon lemon juice
- 1 teaspoon sugar
- 1½ teaspoons freshly ground pepper, divided
- 2 cups diced tomato
- ½ cup finely chopped red onion
- 2 tablespoons extra-virgin olive oil
- 12 ounces ground lamb
- 4 ounces 93%-lean ground turkey
- 1 cup finely chopped yellow onion
- 1 large egg
- 2 tablespoons chopped garlic
- ½ teaspoon cayenne pepper
- ½ teaspoon salt
- ¼ teaspoon ground allspice
- Pinch of ground cinnamon
- 6 whole-wheat pita breads, warmed

1. Combine bulgur and boiling water in a small bowl; let stand until the water is absorbed and the bulgur is tender, 20 to 30 minutes. Drain any excess liquid.
2. Meanwhile, heat coriander and cumin seeds in a small skillet over medium heat until they begin to pop and are fragrant and lightly toasted, about 2 minutes. Scrape into a small bowl to cool, then crush in a mortar and pestle or spice grinder.
3. Combine 2 teaspoons of the spice mixture with yogurt, scallion greens, 2 tablespoons parsley, mint, oregano, lemon zest, lemon juice, sugar and ½ teaspoon pepper in a small bowl. Cover and refrigerate until ready to serve.
4. Combine tomato, red onion and oil in another small bowl.
5. Preheat broiler. Coat a broiler pan with cooking spray.
6. Place the reserved bulgur, the remaining spice mixture, the remaining 2 tablespoons parsley and the remaining 1 teaspoon pepper in a large bowl. Add lamb, turkey, yellow onion, egg, garlic, cayenne, salt, allspice and cinnamon. Gently combine, without overmixing, until evenly incorporated. Form into 12 equal balls, then form each into an oval patty about ½ inch thick.
7. Place the patties on the prepared broiler pan. Broil, turning once, until browned and an instant-read thermometer inserted in the center registers 165°F, 8 to 10 minutes total.
8. Slice open the warmed pita breads. Fill with 2 burgers, about ⅓ cup tomato mixture and 2 generous tablespoons yogurt sauce each.
SERVES 6
Cal 567 **Fat** 23g (sat 7g) **Chol** 84mg **Carbs** 64g **Total sugars** 9g (added 3g) **Protein** 28g **Fiber** 11g **Sodium** 648mg **Potassium** 699mg.



We Heart Pitas It doesn't seem right to mess with a hamburger's bun. Arguably it's a defining feature. But, nontraditional as it may be, we've turned to the pita repeatedly. Probably it has to do with our ongoing predilection for all things Mediterranean. The happy result is some of our tastiest creations of all time, like this Turkish-spiced lamb burger.

KEN BURRIS, RECIPE BY BRUCE AIDELLS, OPPOSITE, PETER ARDITO, RECIPE BY HILARY MEYER

2019: Jalapeño Popper Burgers

ACTIVE: 30 min **TOTAL:** 30 min

It's the meat we use here that makes this burger deluxe. Ground sirloin beef comes from the center loin cut. It has less connective tissue than regular ground beef for a super-tender patty.

- **3 ounces reduced-fat cream cheese, softened**
- **¾ cup shredded spicy cheese, such as chipotle Cheddar *or* pepper Jack**
- **1 jalapeño pepper, seeded and chopped**
- **1 pound ground sirloin**
- **⅛ teaspoon kosher salt**
- **4 whole-wheat hamburger buns**
- **¼ cup ketchup**
- **Lettuce, tomato & onion for serving (optional)**

1. Preheat grill to medium-high.

2. Combine cream cheese, shredded cheese and jalapeño in a medium bowl, stirring and mashing with a fork. Divide the mixture into 4 portions and form each into a 3-inch disk. Form sirloin into 4 patties about 4 inches wide and ½ inch thick. Season with salt.

3. Grill the burgers until almost done, 3 to 4 minutes per side. Place a cheese disk on each and continue cooking until an instant-read thermometer inserted in the thickest part of a burger registers 160°F and the cheese starts to melt, 1 to 2 minutes more. During the last few minutes, toast buns on the grill.

4. Top each burger with 1 tablespoon ketchup and serve on the buns with lettuce, tomato and onion, if desired.

SERVES 4

Cal 458 **Fat** 23g (sat 11g) **Chol** 91mg **Carbs** 29g **Total sugars** 9g (added 6g) **Protein** 33g **Fiber** 3g **Sodium** 749mg **Potassium** 590mg.

In Cheese We Trust When this magazine launched in 1990, low-fat was the nutrition law-of-the-land. So you might guess that cheese rarely oozed its way onto our patties in the early days. Thankfully you'd be wrong: our founders knew that skipping something that tastes that good was no way to win readers' devotion. So by going for relatively small amounts of lean meat, we kept the saturated fat in check enough to be able to create all manner of cheeseburger from a highbrow Roquefort-and-watercress number to the pub-inspired and oh-so-tasty Jalapeño Popper Burger.

Skip the Buns Open-face, bunless, in a crunchy lettuce leaf; we're not afraid to go any of those places. After all, we love a good calorie cut. Often that's the best way to make room for an indulgent topping. But sometimesw it's just about creating a protein-packed patty, as in this salmon burger, to top one of our other favorite foods, salad.

2005: Wasabi Salmon Burgers

ACTIVE: 30 min **TOTAL:** 30 min

Ginger, sesame oil and wasabi balance briny salmon. Serve this burger on a napa cabbage salad with carrots, snow peas and peppers.

- **2 tablespoons reduced-sodium soy sauce**
- **1½ teaspoons wasabi powder**
- **½ teaspoon honey**
- **1 pound salmon fillet, skinned**
- **2 scallions, finely chopped**
- **1 egg, lightly beaten**
- **2 tablespoons minced peeled fresh ginger**
- **1 teaspoon toasted sesame oil**

1. Whisk soy sauce, wasabi powder and honey in a bowl until smooth. Set aside.

2. With a large chef's knife, chop salmon using quick, even, straight-up-and-down motions (do not rock the knife through the fish or it will turn mushy). Continue chopping, until you have a mass of roughly ¼-inch pieces. Transfer to a large bowl. Add scallions, egg, ginger and oil; stir to combine. Form the mixture into 4 patties. The mixture will be loose, but holds together once the first side is cooked.

3. Coat a large nonstick skillet with cooking spray and heat over medium heat for 1 minute. Add the patties and cook for 4 minutes. Turn and cook until firm, about 3 minutes more. Spoon the reserved wasabi glaze over the burgers and cook for 15 seconds. Serve immediately.

SERVES 4

Cal 174 **Fat** 7g (sat 2g) **Chol** 100mg **Carbs** 3g **Total sugars** 1g (added 1g) **Protein** 25g **Fiber** 0g **Sodium** 342mg **Potassium** 484mg.

KEN BURRIS. RECIPE BY BRUCE WEINSTEIN & MARK SCARBOROUGH, OPPOSITE: JACOB FOX. RECIPE BY KAREN RANKIN

A GOOD SOURCE OF FIBER AND A GREAT SOURCE OF CRUNCHY DELICIOUSNESS.
Kellogg's
Raisin Bran Crunch
Original

Blend It Up When you step into the supermarket or peruse a restaurant menu today, you're likely to see a blended burger, a mix of ground meat with other ingredients. Though this phenomenon wasn't always so widespread, *EatingWell* has been at it since the beginning. And we've tried it all: rice, bulgur, mushrooms, even blueberries. What's it about? It's an easy way to add more of the good stuff (think: antioxidants in those blueberries), cut saturated fat and lighten the environmental footprint.

1993: Beef & Bulgur Burger with Caramelized Onions

ACTIVE: 40 min **TOTAL:** 40 min

Bulgur couldn't be easier to make and it blends seamlessly with ground beef.

- **⅓ cup bulgur**
- **½ cup water plus ¼ cup, divided**
- **2 teaspoons extra-virgin olive oil**
- **4 cups sliced onions**
- **2 teaspoons sugar**
- **2 teaspoons balsamic vinegar**
- **¼ teaspoon salt plus ½ teaspoon, divided**
- **12 ounces lean ground beef**
- **2 tablespoons tomato paste**
- **¼ cup chopped fresh parsley**
- **¼ teaspoon ground pepper**
- **4 hamburger buns, toasted**
- **Lettuce for serving (optional)**

1. Combine bulgur with ½ cup warm water in a small bowl; let stand until the water is absorbed and the bulgur is tender, about 30 minutes.

2. Meanwhile, heat oil in a large nonstick skillet over low heat. Add onions and sugar; sauté until the onions are very tender and golden, about 15 minutes. Stir in the remaining ¼ cup water and vinegar. Season with ¼ teaspoon salt and keep warm.

3. Preheat grill or broiler to medium-high.

4. Combine the bulgur, beef, tomato paste, parsley, pepper and the remaining ½ teaspoon salt in a medium bowl; mix thoroughly but lightly. Shape into four ¾-inch-thick patties. Grill or broil on a lightly oiled rack until cooked through, about 5 minutes per side. Serve on buns, topped with the onions and lettuce, if desired.

SERVES 4

Cal 388 **Fat** 13g (sat 4g) **Chol** 55mg **Carbs** 46g **Total sugars** 12g (added 2g) **Protein** 24g **Fiber** 7g **Sodium** 789mg **Potassium** 716mg.

BRIAN HAGIWARA

2006: Mediterranean Portobello Burger

ACTIVE: 30 min **TOTAL:** 30 min

This sandwich has killer garlicky flavor from a garlic-and-oil paste brushed onto the bread and mushrooms before grilling.

- **1 clove garlic, minced**
- **½ teaspoon kosher salt**
- **2 tablespoons extra-virgin olive oil, divided**
- **4 portobello mushroom caps, stems and gills removed**
- **4 large slices country-style sourdough bread, cut in half**
- **½ cup sliced jarred roasted red peppers**
- **½ cup chopped tomato**
- **¼ cup crumbled reduced-fat feta cheese**
- **2 tablespoons chopped pitted Kalamata olives**
- **1 tablespoon red-wine vinegar**
- **½ teaspoon dried oregano**
- **2 cups loosely packed mixed baby salad greens**

1. Preheat grill to medium-high.
2. Mash garlic and salt on a cutting board with the side of a knife until it's a smooth paste. Mix the paste with 1 tablespoon oil in a small dish. Lightly brush the oil mixture over portobellos and then on one side of each slice of bread.
3. Combine red peppers, tomato, feta, olives, vinegar, oregano and the remaining 1 tablespoon oil in a medium bowl.
4. Grill the mushroom caps until tender, about 4 minutes per side; grill the bread until crisp, about 1 minute per side.
5. Toss salad greens with the red pepper mixture. Place the grilled mushrooms top-side down on 4 half-slices of the bread. Top with the salad mixture and the remaining bread.

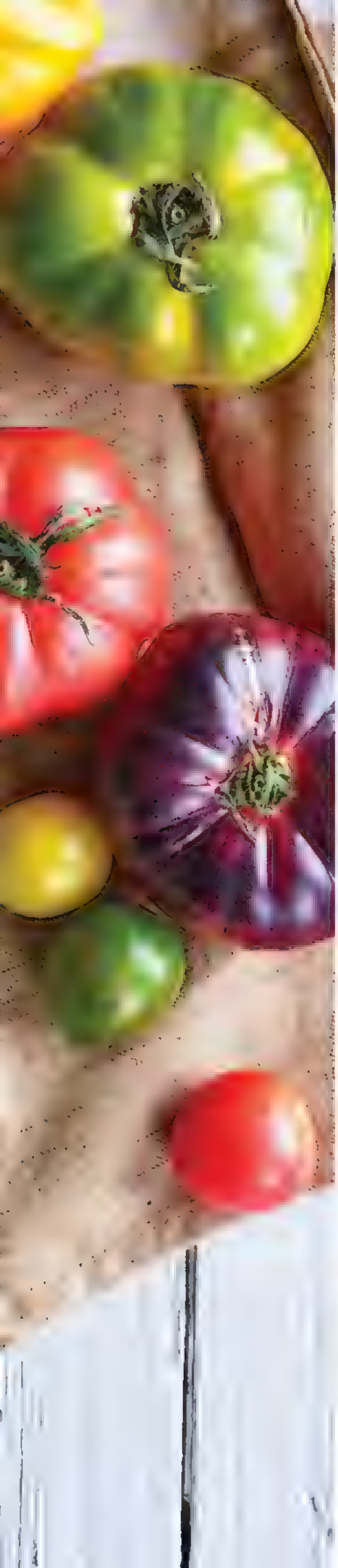
SERVES 4

Cal 299 **Fat** 10g (sat 2g) **Chol** 3mg **Carbs** 40g **Total sugars** 5g (added 0g) **Protein** 11g **Fiber** 4g **Sodium** 790mg **Potassium** 692mg.

Veg Out With everybody and their uncle in the faux-meat game these days (including us, on page 62), we'd be remiss not to mention our longtime embrace of the meatless patty. But for us it's been less about re-creating a meat-like experience and more about celebrating the diversity of ingredients—nuts, beans, veggies—the plant world has to offer. And of course, we had to dabble with that darling of the late '90s and early aughts, the portobello.

KEN BURRIS. RECIPES BY EATINGWELL TEST KITCHEN

Greens with Tomatoes, Peaches & Raspberry Vinaigrette, p.84



The FRUIT of his LABOR

Chef Ben Bebenroth has the ultimate connection to outstanding ingredients—he's growing his own on a farm nestled inside a national park in the hilly countryside of northeast Ohio.

By JILLIAN KRAMER · Recipes by BEN BEBENROTH
Location photography by BILLY DELFS · Food photography by LEIGH BEISCH

When chef Ben Bebenroth first laid eyes on what is now his farm, it was anything but pleasing to the eye: The land was overgrown with thicket, fallen logs and towering grass. It had succumbed to disarray when its owner could no longer care for the property. But past the disorder, the Cleveland-based chef saw what others couldn't: A trash-strewn barn that could host dinners, quiet fields that would buzz with beehives, and empty plots ready to be planted with rare chestnut trees.

Bebenroth had long tackled improbable farming projects, without formal farming experience. When he launched his company, Spice Catering, he grew carrots and herbs in a 400-square-foot patch in his grandmother's backyard. Later, he planted 3,000 heads of garlic in his front yard.

Then in 2013, Bebenroth leased the approximately 13 acres of land outside of Cleveland and named it Spice Acres, a nod to his catering company. To clear the 8-foot-tall weeds, he bred heritage hogs, which gobbled them up with glee. He filled the unused fields with 300 hens, to provide him with eggs. He built beehives. He cleaned out the barn, replacing broken equipment and trash with long dining tables and string lights.

Today, the farm little resembles its first years in operation. It blends seamlessly with its surroundings, fringed with pines, dotted with shrubs and colored by wildflowers. While the hens and pigs provided insect control and plenty of nitrogen-rich manure, the task of caring for them was too great for Bebenroth and his wife and two children, who live on and work the farm with him. "That was the bane of my existence with my kids," he laughs. "They hated washing eggs so bad." The pigs were traded in for purple passion asparagus. Raspberries, blueberries, horseradish, gooseberries and mushrooms—1,600 logs of shiitake mushrooms, to be exact—have replaced the hens.

While there's been a burgeoning grow-your-own movement among chefs over the years, with restaurateurs acquiring farms of their own, Bebenroth's situation is unique. Spice Acres is nestled inside Cuyahoga Valley National Park (CVNP), between the Ohio cities of Cleveland and Akron. It's one of just a handful of national parks that actively leases to farmers. Created in 1999 to preserve the rural character of the park, CVNP's Countryside Initiative rehabbed more than a dozen historic farmsteads within the park that had fallen into disrepair. Then it solicited proposals from farmers for sustainable management plans. As part of their federal lease, each farmer must engage with the public, which may mean participating in the park's weekly farmers' market, offering tours of their property or hosting a farmstand. In return, the initiative partners with the National Park Service to provide farmers with education and resources.

For Bebenroth, hooking up with CVNP created an opportunity to provide both produce *and* inspiration for himself and his chefs. Last year, during the farm's growing season, they walked the fields to determine what the catering company would offer clients. "It's a blend of catastrophe and creativity," Bebenroth explains. When flea beetles munch through rows of arugula, for example, the chefs whirl it into purees and pesto. "We can't just till it in," Bebenroth says. "We paid for the seed. We babied it. We watered it."

And while the farm primarily provides produce for Spice Catering, in years past it also had plenty of opportunities for visitors to interact on its land. Its Plated Landscape dinners highlighted in-season produce, and pick-your-own opportunities drew hundreds of people. The COVID-19 pandemic has temporarily halted those on-site activities, and catering contracts have been terminated through much of the summer. Bebenroth is still working the land, but only planting about 10% of what he did last year. Much of that produce will go to a local school system for its food program. As for what's next, Bebenroth only knows a couple of things for sure: "I still want to provide local, nutrient-dense food to northeast Ohio, but I don't want to have to figure it out in a hurry," he says. And when COVID-19 is in the rearview mirror, he adds, "this is the kind of place people will want to be."

JILLIAN KRAMER *is a freelance journalist based in Chicago.*

In the spring, these Spice Acres greenhouses teem with vegetable starts that later get transplanted to the fields.

Shaved Summer Squash Salad with Ricotta Salata & Charred Fennel

ACTIVE: 30 min **TOTAL:** 30 min

While spinach is a good leafy substitute for the sorrel in this salad, Ben Bebenroth sometimes uses thinly sliced raw rhubarb to mimic sorrel's tangy flavor.

- **1¾ pounds small zucchini *and/or* summer squash, trimmed**
- **3 tablespoons extra-virgin olive oil, divided**
- **4 baby fennel bulbs *or* 1 large fennel bulb, fronds reserved for garnish**
- **1 cup baby sorrel *(see Tip, page 105) or* spinach**
- **½ cup fresh opal basil leaves, chopped**
- **½ cup flat-leaf parsley leaves, chopped**
- **¼ cup coarsely chopped fresh chives**
- **1-2 tablespoons lemon juice**
- **2 ounces shaved ricotta salata cheese**
- **½ teaspoon flaky sea salt**
- **½ teaspoon ground pepper**

1. Preheat grill to medium-high

2. Using a mandoline or vegetable peeler, thinly slice squash lengthwise until you encounter the seeds. Discard the seedy centers. Place the squash ribbons in a large bowl and toss with 1 tablespoon oil.

3. If using a large fennel bulb, cut in half lengthwise; leave baby fennel whole. Oil the grill rack. Grill the fennel, flipping occasionally, until tender and slightly charred, 10 to 12 minutes. Transfer to a rimmed baking sheet and drizzle with 1 tablespoon oil. When cool enough to handle, cut crosswise into ¾-inch-wide pieces.

4. Add the fennel to the squash along with sorrel (or spinach), basil, parsley, chives and lemon juice to taste; toss. Sprinkle the salad with ricotta salata, salt, pepper and fennel fronds, if using. Drizzle with the remaining 1 tablespoon oil.

SERVES 6: 1⅓ cups each

Cal 147 **Fat** 10g (sat 3g) **Chol** 2mg **Carbs** 10g **Total sugars** 5g (added 0g) **Protein** 5g **Fiber** 4g **Sodium** 250mg **Potassium** 716mg.

Greens with Tomatoes, Peaches & Raspberry Vinaigrette

ACTIVE: 30 min **TOTAL:** 30 min

Here's a salad to toss together during the dog days of summer, when peaches and tomatoes are both at their best. Use a combination of lettuces that have different textures and flavors—a tender, more buttery variety with something more substantial and peppery, for instance. (Photo: page 80.)

- **2 medium heirloom tomatoes, cut into wedges**
- **2 medium peaches, sliced**
- **½ teaspoon salt, divided**
- **3 slices bacon (4 ounces), cut into 1-inch dice**
- **3 tablespoons raspberry vinegar**
- **1 teaspoon honey**
- **1 teaspoon whole-grain mustard**
- **¼ teaspoon ground pepper**
- **¼ cup sunflower oil**
- **8 fresh anise hyssop leaves *(see Tip, page 105)*, torn, *or* 5 fresh mint leaves and 1 teaspoon chopped fennel fronds**
- **1 teaspoon chopped fresh thyme**
- **10 cups packed torn mixed lettuce (8 ounces)**
- **Halved cherry tomatoes for garnish**

1. Lay tomatoes and peaches on a rimmed baking sheet and sprinkle with ¼ teaspoon salt. Set aside for 10 minutes.
2. Meanwhile, cook bacon in a medium skillet over medium-low heat until crisp, about 10 minutes. Transfer to a paper-towel-lined plate to drain.
3. Whisk vinegar, honey, mustard, pepper and the remaining ¼ teaspoon salt in a large bowl. Slowly whisk in oil. Bruise anise hyssop (or mint and fennel fronds) and thyme with the side of a chef's knife and add to the bowl. Pour the juices from the tomatoes and peaches into the bowl and whisk briefly. Add lettuce and toss to coat.
4. Arrange the lettuce on a serving platter, leaving any extra dressing behind. Add the tomatoes and peaches to the remaining dressing in the bowl and toss to coat. Top the greens with the tomatoes and peaches, any leftover dressing and the bacon. Garnish with cherry tomatoes, if desired.

SERVES 6: 2 cups each
Cal 155 **Fat** 12g (sat 2g) **Chol** 7mg **Carbs** 9g **Total sugars** 6g (added 1g) **Protein** 4g **Fiber** 2g **Sodium** 328mg **Potassium** 318mg.

Spicy Eggplant & Shishitos

ACTIVE: 25 min **TOTAL:** 25 min

Bebenroth likes to make this sauté with Ichiban eggplant, which is a long, slender variety with thin skin that he grows on his farm.

- **2 tablespoons mirin**
- **1½ tablespoons white miso**
- **1 tablespoon minced fresh ginger**
- **1 tablespoon honey**
- **1 tablespoon sake**
- **1 teaspoon toasted sesame oil**
- **1 teaspoon reduced-sodium tamari *or* soy sauce**
- **½ teaspoon ground pepper**
- **¼ teaspoon crushed red pepper**
- **4 tablespoons grapeseed oil, divided**
- **1 medium yellow onion, chopped**
- **6 shishito peppers, seeded and chopped**
- **1 medium eggplant, cut into ½-inch cubes**
- **2 heads baby bok choy, chopped**
- **½ cup unsalted raw cashews, toasted and coarsely chopped**
- **¼ cup coarsely chopped fresh cilantro**
- **4 scallions, thinly sliced**

1. Whisk mirin, miso, ginger, honey, sake, sesame oil, tamari (or soy sauce), pepper and crushed red pepper in a small bowl; set aside.
2. Heat 1 tablespoon grapeseed oil in a large flat-bottom wok or cast-iron skillet over medium-high heat. Add onion and shishitos; cook, stirring often, until the onion is translucent, about 3 minutes. Add the remaining 3 tablespoons grapeseed oil and eggplant; cook, stirring often, until the eggplant is tender, 8 to 10 minutes.
3. Add bok choy and the reserved miso mixture; cook, stirring frequently, until the bok choy is tender-crisp, 2 to 3 minutes. Transfer to a serving bowl. Sprinkle with cashews, cilantro and scallions.

SERVES 8: ½ cup each
Cal 197 **Fat** 12g (sat 2g) **Chol** 0mg **Carbs** 19g **Total sugars** 10g (added 2g) **Protein** 6g **Fiber** 5g **Sodium** 291mg **Potassium** 808mg.

» Behenroth looks forward to hosting events like this Plated Landscape dinner on the farm again one day.

S'mores Pie

ACTIVE: 45 min **TOTAL:** 5½ hrs
TO MAKE AHEAD: Prepare through Step 4 and refrigerate for up to 2 days. **EQUIPMENT:** 9-inch pie pan (not deep-dish), candy thermometer
This pie has everything you love about the classic bonfire treat—a graham cracker crust, smooth milk chocolate filling and a pillowy, toasty meringue that evokes all the feels of marshmallows—without getting smoke in your eyes.

- **6 ounces graham crackers**
- **2 teaspoons ground cinnamon**
- **3 tablespoons unsalted butter, melted**
- **12 ounces milk chocolate, coarsely chopped**
- **1 cup nonfat evaporated milk**
- **2 large egg whites, pasteurized if desired**
- **⅓ cup granulated sugar**
- **2 tablespoons water**

1. Preheat oven to 350°F.
2. Place graham crackers and cinnamon in a food processor; process into crumbs. Transfer to a medium bowl, add butter and stir until the crumbs are evenly moistened. Press the mixture evenly into the bottom and up the sides of a 9-inch pie pan (not deep-dish).
3. Bake the crust for 5 minutes. Let cool completely, about 15 minutes.
4. Meanwhile, place chocolate in a medium bowl. Heat evaporated milk in a small saucepan over medium-high heat, whisking occasionally, until it just comes to a simmer. Pour the milk over the chocolate. Let stand for 30 seconds. Whisk until smooth. Pour the filling into the crust. Refrigerate until the filling is firm, at least 4 hours or up to 2 days.
5. Place egg whites in the bowl of a stand mixer fitted with the whisk attachment. Combine sugar and water in a small saucepan. Attach a candy thermometer and bring to a boil over medium-high heat. When the syrup starts to boil, begin beating the egg whites at medium speed. Cook the sugar syrup, undisturbed, until it reaches 245°F.
6. When the syrup is at 245° and the egg whites have formed medium peaks, slowly pour the syrup into the egg whites while beating on medium speed. Continue beating until the meringue cools to room temperature, about 4 minutes.
7. Spread the meringue decoratively over the chilled pie. Brown it using a kitchen torch or broil the pie about 6 inches from the heat source, rotating it occasionally, until browned, about 2 minutes. Let the pie stand for 10 minutes before slicing.
SERVES 12: 1 piece each
Cal 280 **Fat** 13g (sat 7g) **Chol** 15mg **Carbs** 36g **Total sugars** 26g (added 19g) **Protein** 5g **Fiber** 2g **Sodium** 120mg **Potassium** 211mg.

WINE PAIRINGS

SHAVED SUMMER SQUASH SALAD WITH RICOTTA SALATA & CHARRED FENNEL

2018 Obrigado Nortico Alvarinho, Portugal ($14)

KOJI-BRINED PORK SHOULDER

2018 Mirouze Rouze Rouge, Languedoc, France ($20)

S'MORES PIE

Terra d'Oro Zinfandel Port, Amador County, California ($23)

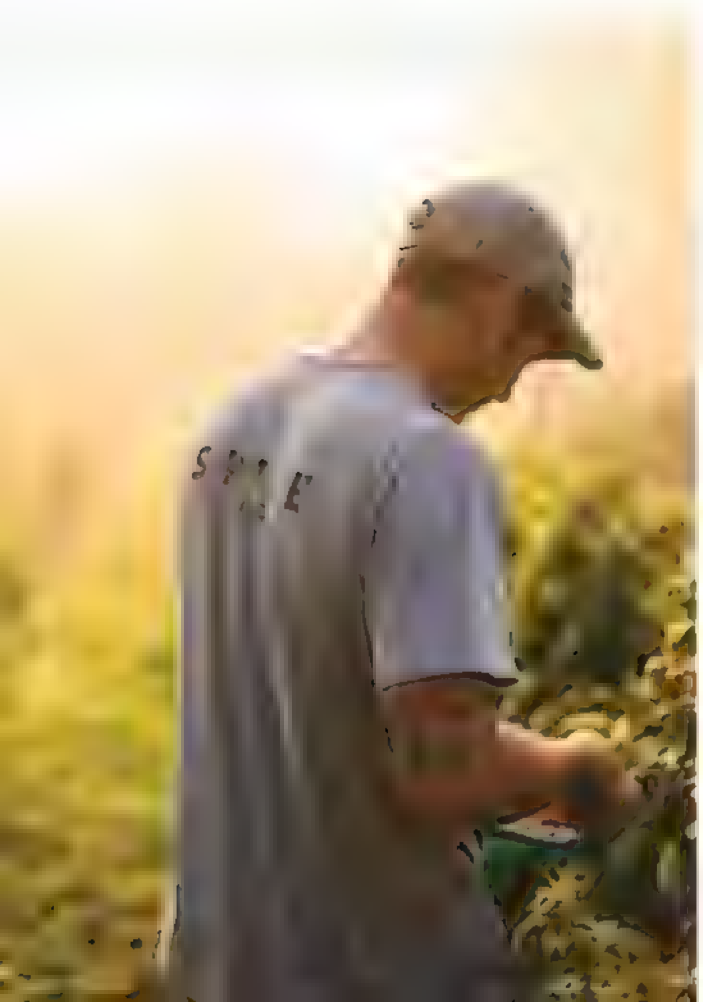
STYLING: EMILY CANEER (FOOD), GLENN JENKINS (PROPS) TOP RIGHT: COURTESY BLACK DOG PHOTO CO

Raspberry Tarragon Shrub

ACTIVE: 15 min **TOTAL:** 1¼ hrs (plus 24 hrs standing time)
TO MAKE AHEAD: Refrigerate shrub (Steps 1-3) for up to 1 month.
Here, tangy raspberries and tarragon transform into a shrub—a sweet vinegar-based syrup that's been around since Colonial times. Mix into sparkling water for a refreshing sip. Makes enough for 20 drinks. (Photo: pages 83 & 103.)

- **1 pound raspberries, plus more for garnish**
- **1½ cups sugar**
- **8 sprigs fresh tarragon, plus more for garnish**
- **1½ cups red-wine vinegar**
- **Ice**
- **½ cup chilled sparkling water**

1. Combine raspberries, sugar and tarragon in a large nonreactive pot, such as stainless steel. Let stand at room temperature, stirring occasionally, for 1 hour.
2. Cook the raspberry mixture over medium heat until starting to simmer, about 5 minutes. Add vinegar and continue cooking, stirring occasionally, until it comes to a bare simmer (do not let it boil), 3 to 5 minutes. Remove from heat. Cover with cheesecloth or a clean kitchen towel and let stand at room temperature for 24 hours.
3. Remove and discard the tarragon. Strain the mixture into an airtight container. (If desired, save the pickled berries for another use; refrigerate airtight for up to 1 week to use in salads.) Refrigerate the shrub until cold, at least 1 hour and up to 1 month.
4. To make each drink: Fill glass with ice. Add 1½ tablespoons shrub and top with sparkling water. Stir once and garnish with fresh raspberries and tarragon, if desired.
SERVES 1: 6 oz. each
Cal 54 **Fat** 0g (sat 0g) **Chol** 0mg **Carbs** 13g **Total sugars** 13g (added 11g) **Protein** 0g **Fiber** 0g **Sodium** 2mg **Potassium** 5mg.



Koji-Brined Pork Shoulder

ACTIVE: 1¼ hrs **TOTAL:** 3¾ hrs (plus 24-36 hrs for brining)
TO MAKE AHEAD: Brine pork (Step 1) for up to 36 hours.
Shio koji is a fermented mixture of grain inoculated with mold (koji), water and salt that is used in marinades and brines. Bebenroth loves how it gives this pork shoulder funky umami flavor, while also helping to tenderize the meat. Miso, which also contains koji, is an easier-to-find substitute. Serve with Ginger Pickled Carrots (recipe follows)*—their acidity balances the richness of the dish.*

BRINE & PORK

- **4 cups water**
- **½ cup shio koji** *(see Tip, page 105)* ***or* white miso**
- **½ cup packed light brown sugar**
- **⅓ cup kosher salt**
- **6 cloves garlic, peeled**
- **5 bay leaves**
- **2 tablespoons whole peppercorns**
- **4 cups ice**
- **5 pounds boneless pork shoulder, trimmed and cut into 8 pieces**

BRAISE

- **1 tablespoon grapeseed *or* canola oil**
- **1 large onion, sliced**
- **¼ cup water**
- **2 cups low-sodium chicken broth**
- **1 15-ounce can no-salt-added whole tomatoes**
- **½ cup dry white wine**
- **2 tablespoons honey**
- **Chopped fresh parsley for garnish**

1. To brine pork: Combine water, shio koji (or miso), brown sugar, salt, garlic, bay leaves and peppercorns in a large pot. Bring to a simmer. Cook until the sugar and salt dissolve. Transfer to a large bowl and add ice. When the ice is melted, add pork. Refrigerate for 24 to 36 hours.
2. Remove the pork from the brine (discard

brine) and let stand at room temperature for 30 minutes.

3. Preheat oven to 250°F. Pat the pork dry.

4. To braise pork: Heat oil in a large pot over medium-high heat. Add half the pork and cook until browned on all sides, about 5 minutes. Transfer to a clean plate. Repeat with the remaining pork. Add onion and water to the pot and cook, scraping up any browned bits, until softened, about 5 minutes. Stir in broth, tomatoes, wine and honey; bring to a simmer. Return the pork to the pot. Cover and bake until the pork is fork-tender, 2 to 3 hours.

5. Transfer the pork and vegetables to a serving dish and tent with foil to keep warm. Skim fat from the cooking liquid. Bring to a simmer over medium-high heat. Cook until the sauce is reduced by half, 10 to 15 minutes.

6. Spoon the sauce over the pork and vegetables and sprinkle with parsley, if desired.

SERVES 12: 3 oz. pork & 3 Tbsp. sauce each
Cal 307 **Fat** 18g (sat 6g) **Chol** 92mg **Carbs** 8g **Total sugars** 6g (added 4g) **Protein** 25g **Fiber** 1g **Sodium** 437mg **Potassium** 417mg.

Ginger Pickled Carrots

ACTIVE: 10 min **TOTAL:** 2 hrs 40 min (including 2 hrs for brining)
TO MAKE AHEAD: Refrigerate for up to 2 weeks.
This pickling liquid gives bright flavor to carrots—try it with green beans or peppers as well.

- **14 ounces carrots**
- **2 cups water**
- **1 cup white-wine or cider vinegar**
- **½ cup thinly sliced fresh ginger**
- **1 tablespoon granulated sugar**
- **1 tablespoon kosher salt**

1. Peel carrots. Using the vegetable peeler, cut the carrots into thin ribbons. Place the carrot ribbons in a large heatproof bowl and set a fine-mesh sieve over the bowl.

2. Combine water, vinegar, ginger, sugar and salt in a medium saucepan. Bring to a boil over medium-high heat. Cook until the sugar and salt are dissolved. Pour the brine through the sieve, making sure the carrots are completely immersed. Cover and let cool to room temperature, about 30 minutes.

3. Transfer the carrots and brine to a clean container, cover tightly and refrigerate for at least 2 hours or up to 2 weeks.

SERVES 8: ¼ cup each
Cal 22 **Fat** 0g (sat 0g) **Chol** 0mg **Carbs** 5g **Total sugars** 3g (added 0.2g) **Protein** 0g **Fiber** 1g **Sodium** 125mg **Potassium** 162mg.

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As efforts accelerate worldwide to provide relief from the ravages of COVID-19, **Frito-Lay** and **The PepsiCo Foundation** are committing more than $50 million to combat the impact of COVID-19 by supporting frontline healthcare workers, strengthening communities and creating employment opportunities for thousands.

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From donating over 200,000 pounds of food (170,000+ meals!) to 20,000+ protective face masks and providing overall peace of mind to the community, **GOYA®** is working tirelessly to ensure everyone is taken care of during this time.

Goya.com/GoyaGives

A lot has changed recently, but breakfast has stayed the same, thanks to our essential workers. During this time, **Kellogg** is committed to ensuring these heroes and their families can keep breakfast as usual.

Kelloggs.com/HeartAndSoul

We'd like to celebrate you too. Share what you're doing to cultivate kindness, toward others and yourself, with the hashtag

#BeTheKind

ADVERTISEMENT

L'ORÉAL USA

The L'Oréal USA Gives Back initiative includes a $250,000 donation to Feeding America and the production of hand sanitizer in its U.S. and Canada operations facilities, provided for free to employees, partners and healthcare professionals. **L'Oréal USA** also donated protective masks to healthcare workers, as well as $1 million in essential personal care items to American families in need.

LorealUSA.com

Nature's Own

Nature's Own is doubling down on its commitment to spreading goodness. Showing courage and determination, the men and women who bake and distribute Nature's Own are working around the clock to ensure America's shelves are stocked. Supporting each other and their communities, they exemplify the resilience and bravery of all essential workers.

NaturesOwnBread.com

P&G

P&G people are stepping up, providing trusted brands to help maintain healthy families and healthy homes. In partnership with 200+ relief partners, P&G is making monetary donations while producing and donating face masks, hand sanitizer and disinfectant for people globally.

US.PG.com/Covid19

PURINA

Purina is supporting pet shelters and pet owners across the country in partnership with nonprofit organizations like Petfinder Foundation, GreaterGood.org and RedRover. Purina is providing essentials like nutritious pet food, treats and litter and financial resources to help keep pets and people together.

Purina.com/HomeWithPets

TYLENOL

In response to COVID-19, **TYLENOL®** has donated product to the highest need hospitals, increased samples to health care professionals, and supported nurses helping our country through these unprecedented times through a donation to the American Nurses Foundation's Coronavirus Response Fund.

Tylenol.com/Cares

Tyson

Tyson Foods and its family of brands, such as Tyson®, Jimmy Dean®, Hillshire Farm®, Ball Park® and ibp®, recognizes the importance of supporting communities across the U.S. The company committed $13 million in COVID-19 hunger relief and community support, including $11 million worth of product donations to Feeding America food banks and pantries in Tyson communities.

TysonFoods.com/Coronavirus

Unilever | UNITED FOR AMERICA

Through 'United for America', **Unilever** donated $20 million of products and services, including $1.2 million from Knorr, to support COVID-19 relief. The company hosted a Day of Service on May 21, where all products produced were directed to Americans in need.

WeAreUnitedForAmerica.com

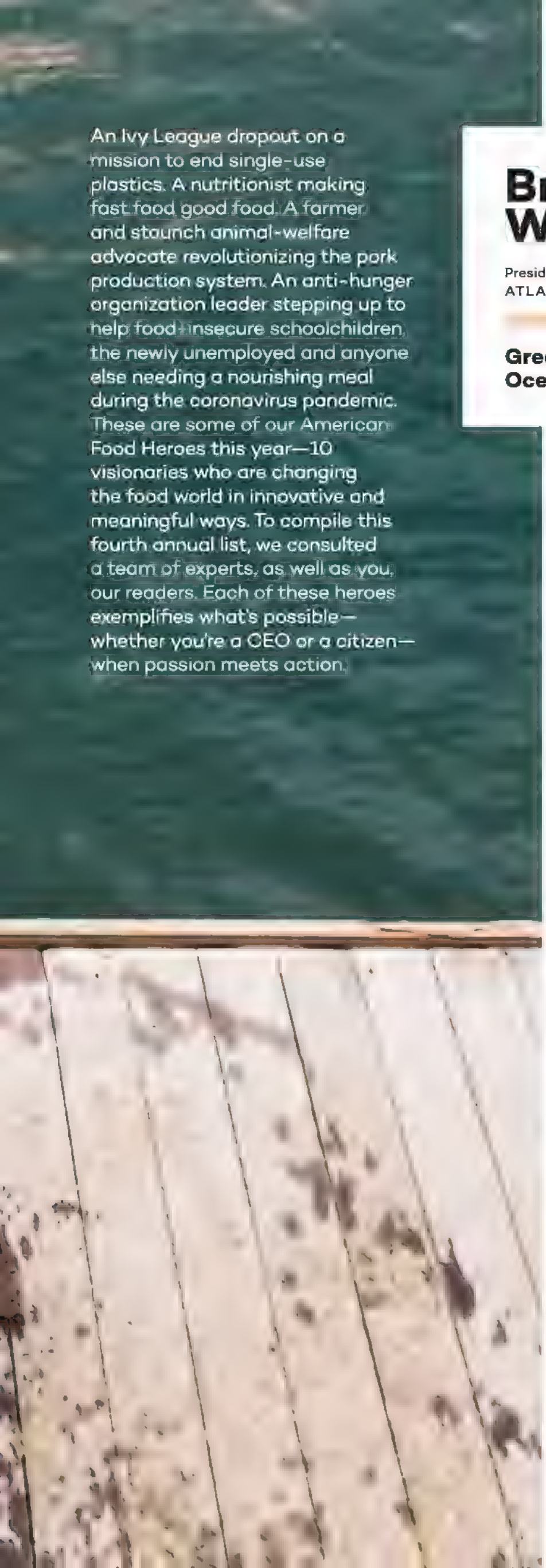
WW weightwatchers reimagined

WW (formerly Weight Watchers) pledged $2 million to support those most affected by COVID-19 by shifting its member rewards program, WellnessWins. WW encouraged donations in direct support of charitable partners on the frontlines of getting fresh fruits and vegetables and healthy meals into the hands of people in need.

WW.com

2020 AMERICAN FOOD HEROES

An Ivy League dropout on a mission to end single-use plastics. A nutritionist making fast food good food. A farmer and staunch animal-welfare advocate revolutionizing the pork production system. An anti-hunger organization leader stepping up to help food-insecure schoolchildren, the newly unemployed and anyone else needing a nourishing meal during the coronavirus pandemic. These are some of our American Food Heroes this year—10 visionaries who are changing the food world in innovative and meaningful ways. To compile this fourth annual list, we consulted a team of experts, as well as you, our readers. Each of these heroes exemplifies what's possible—whether you're a CEO or a citizen—when passion meets action.



DANIEL A. ORR

Briana Warner

President & CEO
ATLANTIC SEA FARMS

Greening Up the Ocean & Atmosphere

If there were one feed that defined Instagram envy for us, it might be Briana Warner's. Whether @bri_out_tosea is smiling in waterproof coveralls, cuddling her two young sons or joking around with celebrity chefs, she's funky, fun and oozes integrity. It's all the more impressive because it's certifiably real. At age 36, this hip mom is leading the charge to sustainably farm and market kelp, one of the world's most environmentally friendly foods.

Warner wasn't necessarily the obvious choice to become CEO of a commercial kelp company in Maine. She had spent most of her career working overseas as a foreign service officer for the U.S. Department of State. But where most saw kelp as a slimy sea plant, Warner saw it as a savior. For one, it is a powerful weapon against ocean acidification. Seawater absorbs as much as 30% of the excess carbon in the air, and that is slowly shifting its chemistry, putting fish—and particularly shellfish—in peril. Kelp takes in and sequesters this greenhouse gas: according to one study, kelp forests may remove 20 times more carbon from the atmosphere than land-based forests. And seaweed makes a lot of sense in Maine. Kelp is harvested in the spring, which is a slower season for the local lobster fishery, and the additional revenue could help cushion the blow if lobster stocks fall, as they are predicted to due to warming waters.

It all added up, except for one thing. There wasn't a commercial market for kelp, and lobstermen weren't going to set up their own processing plants to clean and package their hauls. "We don't ask potato farmers to make potato chips," says Warner. "We had to make it easy." So she came up with a solution: Atlantic Sea Farms provides kelp seeds free of charge to fishermen, promises to buy every blade grown, and then turns the plants into desirable products: a version of kimchi called Sea-Chi, a deliciously bright beet-seaweed kraut, and frozen purees for smoothies or pasta. The kelp is also sold to retail stores and restaurants nationwide, including Wegmans, Roche Bros., Legal Sea Foods and fast-casual chainlets B. Good and The Little Beet.

This year, the company expects its 24 farmers to harvest 550,000 pounds of kelp, up from 220,000 last year and just 30,000 in 2018. And in this case, bigger is better: the more kelp Warner sells, the more the ocean (and air) benefits and the more successful Maine lobstermen are. But Atlantic Sea Farms' big coming-out party happened this past spring, when national salad chain Sweetgreen hired James Beard award-winning chef David Chang to create a sweet potato and kelp bowl for its menu. All told, the company bought 30,000 pounds of kelp for the six-week seasonal special. And while that's huge, Warner got more out of the partnership than sales. Kelp suddenly became cool. There were even Sweetgreen billboards promoting it in Times Square. "The awareness of kelp's ability to improve the health of our oceans," says Warner, "is priceless."

Tom Szaky

CEO | TERRACYCLE & LOOP

Eradicating Single-Use Packaging

When Tom Szaky dropped out of Princeton in 2002 to start a company that made fertilizer out of worm poop, a lot of people were skeptical. Why not start a web company like that other guy, Mark Zuckerberg? "They expected a male college student to start a dot-com," Szaky says. "Garbage and waste management wasn't nearly as sexy."

But in garbage—or at least the management part of it—Szaky saw a path for change. Over the next 18 years, his company TerraCycle moved well beyond worm poop, taking on some of the toughest recycling challenges—cigarette butts, dirty diapers, used coffee capsules—that no other operation would go near. Szaky is even tackling the problem of plastic pollution in the ocean, 8 million metric tons of which accumulates annually. He's turned a profit by transforming that trash into shampoo bottles, among other things. To date, TerraCycle has recycled 310 million pounds of plastic from the ocean.

Something was still nagging Szaky, though. "Recycling is really important, but it's not the answer to garbage," he says. "It's an answer to the symptom"—the equivalent of, say, taking a Tylenol when you have a headache. Szaky wanted to eliminate the headache in the first place.

So last year he launched Loop, a "circular shopping platform" that offers top consumer brands in reusable metal and glass packages. Customers buy a pint of Häagen-Dazs or a bottle of Tropicana OJ and instead of throwing away or even recycling the package when they're done, they return it to Loop, which cleans, sterilizes and refills it to be resold—resulting in a much smaller environmental footprint.

Brands have signed on in droves—55 at latest count—as have some of the country's largest retailers, including Kroger supermarkets. "People want to change, but there aren't solutions out there for them—not everyone can be a Brooklyn zero waster," said Szaky. "The biggest lesson we've learned is that you have to meet people where they are."

David Perry

CEO
INDIGO AGRICULTURE

Incentivizing Sustainable Farming

David Perry doesn't think small.

In 2015, the serial tech and biopharmaceutical entrepreneur sat down with a startup that had shown promise treating grain seeds with microbes designed to naturally enrich the soil they're germinated in, reducing the need for inputs like fertilizers, pesticides and water. If that's all you want to focus on, Perry told the company's founder, great—but count me out. "If you want to use this as a cornerstone for changing agriculture," he says his counterproposal went, "Now, I think *that's* interesting. To his credit, he said yes." And Perry became Indigo Agriculture's CEO.

In the five years since, "interesting" has meant rolling out that microbially treated grain—which promises to help both the environment and farmers' bottom lines—deploying new technologies that allow farmers to monitor and analyze their soil conditions, developing software that can analyze vast amounts of agronomic data, and finding ways to help farmers sell their crops outside the commodity market. "As long as farmers are only paid for volume, and not for quality or sustainability," he says, "then it's going to be difficult to align agricultural practices with consumer preferences."

But what elevates Perry to hero status in our book is another, more recent bold move: paying farmers to adopt regenerative agriculture practices, something no government or advocacy group has been able to do. Last year, he announced the Terraton Initiative, the goal of which is to help farmers sequester 1 trillion tons of carbon dioxide in the soil, essentially recapturing all of the CO_2 added to the atmosphere since the Industrial Revolution began. The initiative is based on the premise, increasingly embraced by scientists, that regenerative farming practices like minimal tilling and cover cropping harness plants' ability to take carbon dioxide from the atmosphere and trap it underground beneath their roots.

Once the Indigo Carbon marketplace is in full operation, as early as the end of 2020, through soil sampling, data modeling, satellite technology and software, Indigo will measure and certify changes in soil carbon and allow farmers to earn an estimated $15 per ton of carbon dioxide they've locked into their soil. Farmers holding a total of 18 million acres of land have already expressed interest. "In the next five years, we want to have scaled to the point where we're pulling a billion tons of carbon dioxide out of the atmosphere annually," Perry says. No small goal indeed. —*Jonathan Kauffman*

LEFT B. J. WADMAN; ABOVE: ARA WOOLFSON

Stewart & Lynda Resnick

Founders & Co-Owners
THE WONDERFUL COMPANY

Funding Climate Change Innovations

When it comes to tackling climate change, what kind of effect could $750 million make? Stewart and Lynda Resnick wanted to find out. Last September, they donated three-quarters of a billion dollars to the California Institute of Technology to fund sustainability research and technology—the second-largest contribution to an American university in history.

Taking on such an urgent and monumental issue, Stewart argues, requires breakthroughs in solar science, energy storage and environmental resources. Who better to rise to the challenge than the minds at Caltech, a university that partners with NASA. "If they can send a rover to Mars and land, after a year in the stratosphere, within a yard of where they expected, I figure they could do this too," he says.

The entrepreneurs, whose first national company was the floral delivery service Teleflora, have grown the Wonderful Company into a $5 billion business over the past four decades. They began buying agricultural land in the 1970s as a side investment. Now, with 200 square miles of orchards in California's Central Valley, the Resnicks are the largest tree crop farmers in the world.

One of Lynda's talents has been giving the healthful foods in their portfolio—Halos mandarins, Pom Wonderful pomegranate juice and Wonderful Pistachios—the same marketing punch usually spent on chips and soda. She has snapped up Super Bowl spots to entice Americans to "Get Crackin'" on pistachios as a better-for-you snack alternative, and convinced a generation of kids to beg their parents for mandarins.

As one of the largest agricultural water consumers in a drought-prone state, the Resnicks' efforts to secure water rights have drawn criticism from environmental advocates. At the same time, Wonderful has invested more than $400 million in microdrip irrigation, wastewater recycling, solar power and beekeeping. The couple also funds education, health and housing projects in the Central Valley farming communities Wonderful works in.

The Resnicks had already established Caltech's Resnick Sustainability Institute in 2009, through a $30 million gift. With this new donation, they're turning the university into a powerhouse of innovation for the 21st century. "Understanding and addressing changes to our climate is perhaps the greatest challenge of our time," says Caltech president Thomas Rosenbaum. "Stewart and Lynda Resnick's transformative investment in Caltech provides the Institute with the ability to empower researchers across disciplines to imagine and advance impactful research in renewable energy, clean water, arable soils, degradable plastics and carbon sequestration that can make a difference, in perpetuity and without restriction." —*J.K.*

KREMER JOHNSON PHOTOGRAPHY

Claire Babineaux-Fontenot

CEO | FEEDING AMERICA

Fighting Hunger

Even before the coronavirus pandemic closed workplaces and schools across the country, Claire Babineaux-Fontenot knew that the number of food-insecure Americans was going to skyrocket because of the virus.

With its nationwide network of 200 food banks and 60,000 food pantries and meal programs, Feeding America already serves 40 million people a year. In mid-March, Babineaux-Fontenot stepped in to establish a COVID-19 Emergency Fund, seeding it with $2.65 million. As she had feared, the economic fallout from the pandemic meant that an additional 17.1 million were in need. Corporations and private donors responded as well. Amazon CEO Jeff Bezos alone contributed $100 million.

Within a month of setting up the fund, food banks were indeed reporting a 70% increase in demand. Babineaux-Fontenot allocated $116 million so food banks could hire temporary workers and purchase food and supplies—providing nearly 79 million meals to those facing hunger—and lobbied legislators and federal agencies to help out with the $1.4 billion more they calculated would be needed over the next six months.

Babineaux-Fontenot's extraordinary response to an extraordinary demand is reason enough to honor her this year. But it's also representative of the far-seeing strategy she brings to Feeding America. For her, addressing the larger issue of hunger in this country means connecting the dots, because simply providing food isn't enough.

Families in poverty need help with transportation, child care and employment as well as meals. Since joining the organization almost two years ago, Babineaux-Fontenot has bolstered Feeding America's efforts to link food-insecure families with financial coaching and other resources, to feed people enrolled in job-training programs and to help local food banks locate surplus food to stock their shelves.

Every year, 72 billion pounds of edible food from U.S. farms, food manufacturers and grocery stores ends up in landfills, rather than on the tables of the 37 million Americans who don't have enough to eat. Babineaux-Fontenot strives to bridge that gap between oversupply and alarming demand. Over the past several years, Feeding America has diverted billions of pounds of unsold food to people in need, and efforts have only ramped up given the demand for nourishing meals. "We're the largest food recovery organization in the United States, and we have the infrastructure to do an even better job to eliminate that waste," she says. And if there is a bright side to the current crisis, Babineaux-Fontenot says it is the unprecedented outreach she's seen from the American public: "There are a lot more people who understand the vital role that food banks play." —*J.K.*

COLLIN RICHIE

AFH

SAVERIO TRUGLIA

Paul Willis

Founder & Director
NIMAN RANCH PORK COMPANY

Scaling Up Humanely Raised Pork

Every day, Paul Willis steps away from the home office at his Iowa farm and wanders around the 160 acres that he restored to tall-grass prairie in 2002. Hundreds of native plants have returned to the wetlands, as well as pollinators and trumpeter swans. In a region of the Midwest dominated by corn and soybean fields, he says, it's an oasis.

Twenty-five years ago, Willis was pasturing 3,000 hogs, letting them roam around his family farm instead of keeping them in cramped pens. But he was struggling to compete with the industrial livestock operations moving into his corner of Iowa. At the time, his commitment to both the humane treatment of his animals and the environment was virtually unheard of in hog farming, which is notorious for its unsavory practices. A friend introduced him to Bill Niman, whose San Francisco operation, Niman Ranch, was selling sustainably raised, high-quality beef and lamb. Niman told Willis that if he could figure out how to ship his pork to northern California, Niman would buy it—at a fair price, no less.

That first shipment: 30 hogs. Niman Ranch Pork now supplies 5,000 a week, and has grown from one family farm to a network of more than 650 in 15 states—farmers Willis recruited from across the country and helped to implement his good practices. Willis worked with the Animal Welfare Institute in the 1990s to create the first welfare standards for the hog industry. The high animal-husbandry measures he developed for Niman Ranch Pork—which include eschewing antibiotics, requiring bedding in all pens to allow the animals to root around and nest, and forbidding confinement to crates—were the first of their kind. And they still stand. Willis' dedication to bringing well-raised pork to scale—something available nationwide, not just at the small-scale local level—is a feat we consider deserving of a lifetime Food Hero award. "Paul's welfare standards informed the public that it was possible to produce pork using alternative practices, and as a result, pressure was applied to the industry at large to make changes," says Mark Rasmussen, director of Iowa State University's Leopold Center for Sustainable Agriculture.

These days, Willis is less involved in day-to-day operational duties at Niman, but he remains a key voice in the company and the initiatives it pursues. Last year, Niman pledged $200,000 to help its network increase pollinator habitat on their farms. If Willis has his way, swaths of Iowa prairie like his won't just be oases. They'll be a rebirth of the land itself. —*J.K.*

Missy Schaaphok, R.D.N.

Global Nutrition & Sustainability Senior Manager
TACO BELL

Making Drive-Thru Better for You

White Castle and Burger King may have made a splash by adopting the Impossible Burger, but when Taco Bell added a vegetarian section to every store menu in 2019, it didn't rely on plant-based meats. "We've had beans on our menu for 50 years," says Missy Schaaphok.

Only a few months after joining Taco Bell's product development team in 2011, Schaaphok, already a trained dietitian, convinced her boss to make her its first-ever in-house registered dietitian, charged with improving nutrition at the quick-service chain. Early projects included adding an online nutrition calculator and reducing the sodium in Taco Bell's food by 15%. (She's aiming for a 25% reduction by 2025.) Larger challenges followed: removing preservatives and artificial trans fats, switching to cage-free eggs.

When we're talking about a chain with more than 7,000 locations nationwide, subtle shifts can produce astonishing numbers. By shrinking the largest cup size from 40 ounces to 30, for instance, Schaaphok was able to delete 800 million grams of added sugars annually from customers' diets. And that 15% slash in sodium? It took the equivalent of 1.5 million pounds of salt off Taco Bell's menu.

Schaaphok says that her proudest achievement, and the one that caught our eye this year, is her seven-year-long effort to increase Taco Bell's vegetarian and vegan options—working with the American Vegetarian Association to reformulate recipes and certify 41 ingredients. Some, like the Bean Burrito, are classics. Others, such as the 430-calorie Black Bean Power Bowl, are newer. And diners can now easily customize items to replace meat with pinto or black beans.

Since the "Vegetarian Favorites" section appeared on store menus last year, vegetarian items have risen from 6% to 10% of total sales, or more than 350 million items per year. And Schaaphok's ensuring that the number of more-healthful dishes—at prices that more Americans can afford—continues to grow. "I think it's really important," she says, "for people to have options that they can feel good about eating." —*J.K.*

KREMER JOHNSON PHOTOGRAPHY (2)

Sam Polk

CEO / EVERYTABLE

Creating Equal Access to Healthy Foods

To see heroes from past years, hover your phone's camera over this smart code.

If you want to do good in the world, the standard way to go about it is to start a nonprofit. So that's what Sam Polk, then a hedge fund trader, did in 2013. He wanted to make healthy food available in poor parts of Los Angeles, but soon realized that, as it often is, the conventional wisdom was wrong. Nonprofits, he says, "were how you spend a lot of your time sucking up to rich people." What he needed was a business model.

His answer was Everytable, a chain of grab-and-go restaurants located in both low-income and affluent areas of the county. The menu, which includes a Jamaican jerk chicken bowl, chicken Caesar salad and Thai coconut soup, is the same wherever the food is sold, but the prices are different. That curry bowl costs $6.25 in the Watts neighborhood, while patrons in Brentwood pay $7.95. The model is working: sales in Compton—where the per capita income is about $16,000 a year and rates of obesity are triple those in Brentwood—are up 42%, year over year, and they're up 27% in South Central, another notoriously disadvantaged section of L.A. "There is massive demand for healthy food in these neighborhoods," says Polk. "It was just a question of how to make it affordable."

While Everytable's varying prices have garnered the most attention, Polk is emphatic that they are not the business's secret sauce. The key is that he was able to achieve important economies of scale by making their food in one local, 20,000-square-foot central commissary and finding all manner of ways of selling it to people. In addition to Everytable's restaurants—there will be at least 10 by the end of the year—Polk has launched fresh-food vending machines in corporate offices and apartment complexes, and a delivery service, where for as little as $2.99, you can order up Everytable food to eat at home.

That expansion beyond brick-and-mortar stores proved even smarter when the arrival of the coronavirus pandemic shut down city restaurants, and forced millions to stay at home. Where most eateries were caught flat-footed, Everytable was able to nimbly shift its distribution to individuals at home, as well as to in-need homeless shelters, senior living communities and food-insecure students. At press time, more than 1.5 million meals had been provided to vulnerable populations. "There was a tremendous need for healthy, affordable food when the economy was booming," says Polk. "When it came to a standstill and people couldn't leave their homes, our mission remained the same, it just became more important to a lot more people."

Justin Whitmore

Executive Vice President, Alternative Protein
TYSON

Taking Plant-Based Mainstream

You'd think that the man overseeing Tyson's foray into plant-based meats would have grown up on tofu, or at least dabbled in vegetarianism. But Justin Whitmore swears he never tried a single veggie burger until 2013, when a spreadsheet sent him to the grocery store.

Then a sustainability management consultant for large food and consumer product companies, Whitmore was looking over research on consumer eating trends. "I saw a blip in demand for plant-based meats in some Western markets that far outstripped anything I'd seen before," he says. But what really struck him is that it wasn't a surge among vegetarians, but in meat eaters open to alternative proteins.

Curious, he tried a few plant-based patties. Their lackluster taste sparked an *aha!* moment: if concerns about health and the environment were driving omnivores to look for plant-based protein sources, only to be turned off by their flavor and higher price, improving both of those factors could be one of the most exciting opportunities he'd ever come across.

That sense of possibility brought him to Tyson, the world's second-biggest meat processor—first as the company's chief strategy and sustainability officer and then as head of its venture-capital alternative protein business. Under Whitmore's leadership, Tyson acquired stakes in Beyond Meat, MycoTechnology and cell-based meat pioneers Memphis Meats and Future Meat—investments that raised eyebrows within the food world. That a meat giant all about chicken, beef and pork would seek alternatives to its own core business was, to put it mildly, extraordinary. (Tyson later agreed to divest from Beyond Meat after announcing its own line of plant-based meats.)

Last June, Whitmore led the rollout of Tyson's Raised & Rooted nuggets made entirely from plants, as well as several blended items (like burgers and Aidells Whole Blends sausages) that combine animal and pea proteins. Tyson's massive size translates into massive influence: one year after launching, the brands can already be found in 8,000 supermarkets and restaurants nationwide, with more to come across North America and Europe.

According to the Good Food Institute, three-quarters of the Earth's agricultural land is devoted to raising animals, but meat only represents one-sixth of our food. Poultry and livestock production also have a major environmental impact—accounting for 15% of total human-caused greenhouse gas emissions globally. With a population of 10 billion around the corner, industrial producers like Tyson can't keep operating the way they have without overwhelming the planet. They, too, must embrace a new vision of sustainability—and protein. Whitmore has been instrumental in showing the behemoth the way. "We shouldn't look at sustainability as either a plant or animal protein issue," he says. "Sustainably feeding nearly 2 billion more people in the next 30 years requires more protein from more sources, using new *and* established methods." —*J.K.*

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LIVING WELL

YOUR GUIDE TO PRODUCTS, PROMOTIONS, & SPECIAL EVENTS

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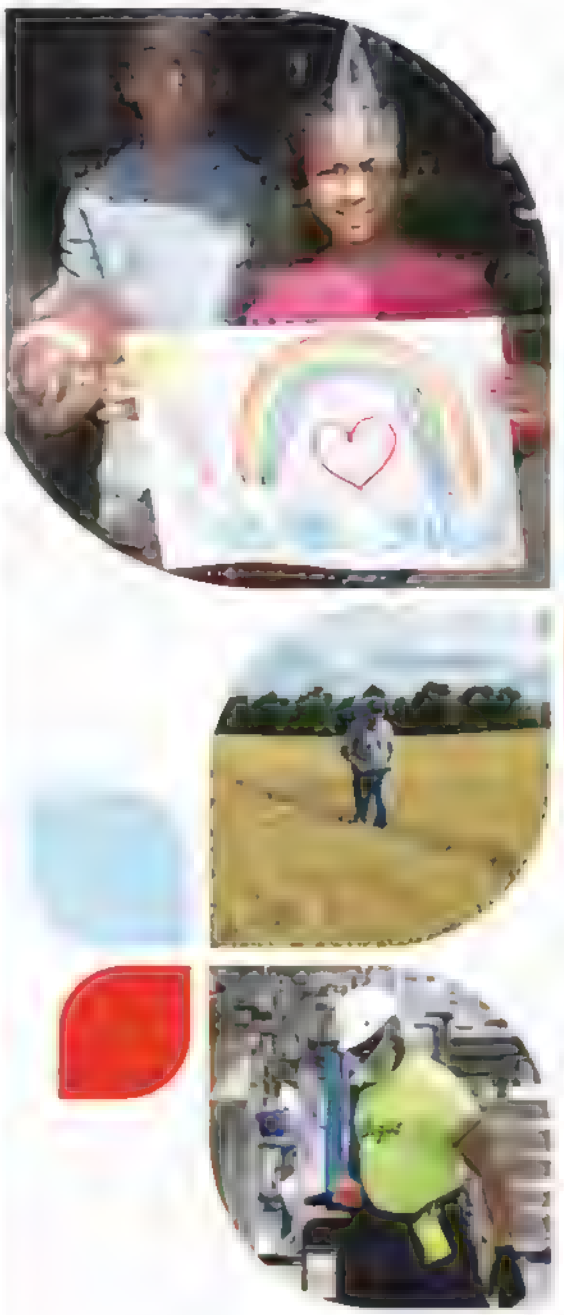

THANK YOU TO THE HEROES BRINGING BREAKFAST TO THE TABLE

A lot has changed recently, but breakfast has stayed the same, thanks to farmers, line workers, truckers, grocery stockers, cashiers, and food bank workers. During this time of crisis, Kellogg has worked with Feeding America, United Way, and No Kid Hungry to help ensure these heroes and their families can keep breakfast as usual.

We remain committed to the fight against hunger. Find out how you can play a part by visiting **feedingamerica.org,** and learn more about Kellogg's heart and soul by visiting **kelloggs.com/heartandsoul.**

Kellogg's

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WELL SEASONED

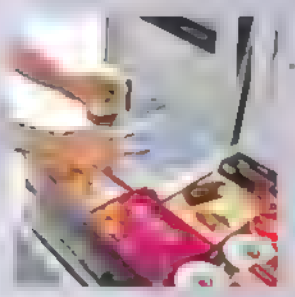
THE ICE AGE

SMARTS FROM OUR TEST KITCHEN

Small-batch liquors, specialty bitters, home bar carts—the craft cocktail movement gave us many things, but it also turned us on to something that has nothing to do with booze: an obsession with ice. From baseball-size spheres to pyramid-shaped drops, this ice doesn't just look awesome, it amps up the entire experience of everything you sip. Take so-called nugget ice, shown here (an EatingWell fave). "Air pockets allow liquids to absorb into the ice," explains Matt Phillips, senior manager of strategic initiatives at GE. "When you crunch down, you get an extra burst of flavor." Flip the page for the latest home ice makers to upgrade your next drink. **By Lucy M. Clark**

Cooler Talk

Do you *need* ice that comes in an oversized orb, nugget form or even a diamond shape? No. But trust us, it will make your cocktail, mocktail or iced coffee that much cooler (double meaning intended). These new appliances make it possible. Dispense liberally.



LG InstaView Refrigerator with Craft Ice $4,400, *lg.com*

Usually it's the fridge features—think spacious drawers, smart tech—that stand out most when selecting a new appliance. But here the freezer is the star, churning out slow-melting 2-inch globes for less drink dilution (along with standard cubes and crushed ice). We sipped iced coffees filled with these spheres and were impressed when they had barely melted an hour later.

Thermador Built-In Freezer Columns $5,500 to $7,300 (freezer only) *thermador.com*

If money were no object (because, hey, it's fun to have #kitchengoals), how about a freezer that produces "diamond ice"? Thermador's refrigeration team says this pyramid-shaped ice was specially designed so that more would fit in a glass compared to traditional cubes.

GE Profile Opal Countertop Ice Maker $520 *geappliances.com*

This compact, Wi-Fi-enabled nugget ice machine makes 1 pound of ice per hour. It fits beneath standard kitchen cabinets or makes a great addition to your bar cart.

LOW-TECH PICK

To enjoy specialty ice without the spend, try a fancy ice mold. We like the **Peak Marble Sphere Ice Tray** by W&P, which makes four 2½-inch spheres. ($17, *wandpdesign.com*)

Hover your phone's camera over this smart code to buy this ice mold.

PAGES 103 106 JOHNNY AUTRY, STYLING CHARLOTTE AUTRY

❶ Roll the dough into two 6-inch logs, about 1½ inches in diameter. Wrap the logs tightly in plastic wrap and freeze for 1 hour until firm, but not frozen solid, or refrigerate overnight. ❷ Spread a layer of seeds (if using) on a rimmed baking sheet. Roll the chilled logs firmly in the seeds. ❸ Slice the logs into even ⅛- to ¼-inch-thick slices with a knife. ❹ Space the crackers about 1 inch apart on two baking sheets lined with parchment paper, then bake.

INGREDIENT I.D. Meet some of the unique items in this issue.

Duck prosciutto *(p.70)* This thinly sliced meat comes from a cured duck breast. Use it in beans, pasta and stews or add it to a charcuterie board. Specialty and gourmet stores sell it, as does *dartagnan.com*.

Anise hyssop *(p.84)* A member of the mint family, this herb adds a sweet flavor and licorice-mint aroma to salads and teas. Find it at farmers' markets or buy it for your garden (pollinators love it) from *johnnyseeds.com*.

Sorrel *(p.83)* This lemony-tasting, leafy green herb contains high amounts of oxalic acid, which imparts a tart flavor. Spinach—along with a good squeeze of lemon juice—makes an excellent substitute.

Shio koji *(p.86)* Primarily used as a marinade, shio koji has a similar taste to sake or miso, all of which contain the Japanese fermenting agent koji, usually made from rice. Purchase at Asian markets or online.

ILLUSTRATIONS BY DANIELLE VOGL

Ask Breana

Is there an easy way to get rid of fruit flies?

Fruit flies can be an annoyance year-round, but most of these tiny pests show up in the summer and fall That's because they're attracted to ripe or decaying fruits and vegetables (and produce decays more quickly when it's hotter). Fruit flies lay their eggs—up to 500 at a time—on the surfaces of these foods, so they can hitchhike inside your home on produce from anywhere, including your garden, local farm stand or supermarket.

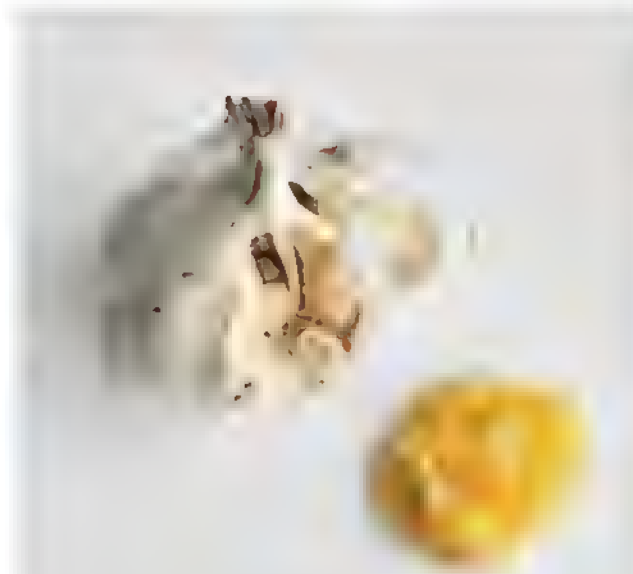
Here are a few preventive measures to implement during fruit fly season:

- Wash produce under cold running water as soon as you get it inside. (Be sure to dry it before storing.)
- Don't let fruits and veggies you leave out on the counter (think: tomatoes) sit too long before enjoying them. As they continue to ripen, they can attract flies.
- Cut away and discard any cracked or damaged portions of your produce and refrigerate what you've saved.
- Fruit flies like to breed in moist kitchen areas such as drains, garbage disposals, trash cans, empty bottles and cans, mops and cleaning rags. Regularly remove garbage, recycling and compost and keep these other spots and items clean and dry if at all possible.
- When you find something decaying in your kitchen, bring it outside to the trash or your compost pile immediately.

If fruit flies are already in your home, here's what to do:

- Set cider vinegar traps. This mimics the sweet-pungent scent of rotting fruit and attracts the flies. Cover a glass or jar—baited with a few tablespoons of cider vinegar—with plastic wrap and poke holes in it. The flies will go in and get stuck in the vinegar.
- Get rid of potential breeding areas. This may mean removing produce from your counter, cleaning and drying out trash cans and mops—wherever you spot flies. If you've seen them in your sink drain or disposal, tape a clear plastic food storage bag over the opening overnight: emerging flies will be caught in the bag.

BREANA KILLEEN, M.P.H., R.D., *is the* EatingWell *Test Kitchen manager.*



A Boss No-Cook Sauce

It's tomato season! Here's how at-their-peak fruits and other key ingredients help this pasta dish deliver divine summer flavor.

Tomatoes To avoid a watery sauce, choose tomatoes that are fleshy and have few seeds. Romas (aka plum tomatoes) fit the bill, but there are plenty of heirlooms with a similar flesh-to-seed ratio. The addition of cherry tomatoes brings a burst of sweetness to the dish.

Capers Capers lend a savory, briny backbone to the sauce. Rinsing them first eliminates some of the sodium.

Grated Garlic Using raw garlic instead of cooked adds a nice pungency that complements the brightness of the fresh tomatoes. Grating the cloves creates a stronger flavor than mincing does, because it breaks down more of the garlic's cell walls. And the paste-like consistency incorporates evenly into the sauce.

Whole-Wheat Pasta Going whole-wheat gives you double the fiber of regular pasta. The shape also makes a difference. Choose one that holds the tomato sauce, like the little cups of orecchiette, corkscrews of fusilli or nooks and crannies of rotini, for more flavor in each mouthful.

Basil Fresh basil gives the dish a summery, anise flavor. Chopping and stirring it in just before serving is key to retaining its flavor and bright color. (Both begin to degrade once it's cut and mixed with acidic foods, like tomatoes.)

Pasta with Raw Tomato Sauce

ACTIVE: 20 min **TOTAL:** 1 hr 20 min

TO MAKE AHEAD: Refrigerate sauce (Step 1) for up to 2 days.

- **2 pounds plum *and/or* heirloom tomatoes, coarsely chopped**
- **2 cups cherry tomatoes, halved, divided**
- **½ cup finely chopped red bell pepper**
- **1½ tablespoons rinsed capers, chopped**
- **2 cloves garlic, grated**
- **1 tablespoon sherry vinegar**
- **1½ teaspoons salt**
- **½ teaspoon ground pepper**
- **½ teaspoon crushed red pepper**
- **3 tablespoons extra-virgin olive oil**
- **1 pound whole-wheat fusilli *or* orecchiette**
- **½ cup chopped fresh basil**

1. Combine chopped tomatoes, 1 cup cherry tomatoes, bell pepper, capers, garlic, vinegar, salt, ground pepper and crushed red pepper in a food processor. Pulse until slightly chunky. With the motor running, slowly drizzle in oil and blend until smooth. Transfer to a large bowl and stir in the remaining 1 cup cherry tomatoes. Cover and refrigerate for at least 1 hour or up to 2 days.

2. Remove the tomato sauce from the refrigerator 30 minutes before serving. Bring a large pot of water to a boil. Cook pasta according to package directions. Drain and add to the sauce along with basil. Toss to combine. Serve warm or at room temperature.

SERVES 8: 1 cup each

Cal 269 **Fat** 6g (sat 1g) **Chol** 0mg **Carbs** 49g **Total sugars** 4g (added 0g) **Protein** 8g **Fiber** 7g **Sodium** 476mg **Potassium** 392mg.

RECIPE BY ADAM DOLGE

		CALORIES	CARBS (G)	ADDED SUGARS (G)	PROTEIN (G)	FIBER (G)	SODIUM (MG)	POTASSIUM (MG)	CALCIUM (% DV)	FOLATE (% DV)	IRON (% DV)	VITAMIN A (% DV)	VITAMIN B12 (% DV)	VITAMIN C (% DV)	45 MINUTES OR LESS	GLUTEN-FREE	HEART-HEALTHY	LOW-CAL	VEGAN	VEGETARIAN
Breakfast																				
60	Cherry Pie Smoothie	232	32	2	6	6	87	242					20		■	■	■	■	■	■
60	Coconut Blueberry Smoothie	283	47	0	2	4	26	246						58	■	■		■	■	■
60	Mango Raz Smoothie	187	32	0	1	6	8	261				22		86	■	■	■	■	■	■
60	PB & Banana Smoothie	324	45	1	16	5	220	951	42	45		105		45	■	■	■	■		■
60	Peachy Strawberry Smoothie	170	36	0	5	3	62	379						242	■	■	■	■		■
Appetizers & Drinks																				
70	Carrot Rillettes with Dukkah	75	6	0	1	2	199	194				189				■		■	■	■
69	Cassis Spritz	129	17	16	0	0	10	0							■	■		■	■	■
70	Chive Cheese Crackers	139	9	0	4	1	305	27										■		■
70	Goat Cheese Canapés with Peach, Sage & Prosciutto	160	18	2	9	2	324	96							■			■		
86	Raspberry Tarragon Shrub	54	13	11	0	0	2	5								■		■	■	■
71	Spicy Herbed Olives	49	1	0	0	0	262	3							■	■			■	■
10	Spicy Tomato Vodka Soda	144	3	0	1	1	3	145						28		■			■	■
68	White Gazpacho	230	12	0	4	1	226	159						21		■	■	■	■	■
Sides & Salads																				
29	Cantaloupe, Arugula & Goat Cheese Salad	128	8	1	5	1	168	291				54		45	■	■				■
37	Curried Grilled Sweet Potato Wedges with Peanut Sauce	167	18	2	4	3	339	299				186			■	■			■	■
87	Ginger Pickled Carrots	22	5	0	0	1	125	162				166				■		■	■	■
84	Greens with Tomatoes, Peaches & Raspberry Vinaigrette	155	9	1	4	2	328	318				53			■	■		■		
42	Handsome Hog's Chopped Salad	160	15	0	3	3	272	270		22		92		35	■			■		■
83	Shaved Summer Squash Salad with Ricotta Salata & Charred Fennel	147	10	0	5	4	250	716				48		83	■	■		■		■
84	Spicy Eggplant & Shishitos	197	19	2	6	5	291	808	24	42		191		170	■	■				■
28	Spicy Thai Melon Salad	242	22	0	6	3	269	560						59	■	■				
28	Watermelon with Mint-Lime Gremolata	48	12	2	1	1	83	162						22	■	■	■	■	■	■
Vegetarian																				
48	Build-Your-Own Grilled Cheese	461	30	0	22	5	623	484	51			38		29	■					■
40	Herbed Couscous & Almond Stuffed Eggplant	457	35	0	9	11	522	570						26	■			■		■
79	Mediterranean Portobello Burger	299	40	0	11	4	790	692		32		25			■			■		■
106	Pasta with Raw Tomato Sauce	269	49	0	8	7	476	392				35		56				■	■	■
54	Slab Tomato Tart with Burrata	439	29	0	9	2	318	223												■
52	Walnut Pesto Pasta Salad	417	47	0	11	6	472	380				25			■					■
Chicken & Turkey																				
38	Grilled Peach & Brie Smothered Chicken	342	7	0	33	1	481	262				24			■	■		■		
74	Korean Turkey Burgers with Kimchi	341	33	7	28	5	782	441							■			■		
32	Mango-Ginger BBQ Chicken	244	21	10	26	1	486	424						35	■	■		■		
45	Peanut Zoodle Salad with Chicken	347	19	3	26	5	745	643				78		79	■	■		■		
Fish																				
30	Salmon with Chopped Tomatillo Salad	267	8	0	29	2	434	809					100	35	■	■	■	■		
77	Wasabi Salmon Burgers	174	3	1	25	0	342	484					82		■		■	■		
Beef, Lamb & Pork																				
78	Beef & Bulgur Burger with Caramelized Onions	388	46	2	24	7	789	716			22		31	25	■			■		
50	Blended Burgers with Quick Pickles	695	49	0	37	5	884	673			33		42	42						
33	Grilled Flank Steak & Corn with Green Goddess Butter	420	20	0	28	2	730	590					29	21	■	■		■		
76	Jalapeño Popper Burgers	458	29	6	33	3	749	590			21		47		■			■		
86	Koji-Brined Pork Shoulder	307	8	4	25	1	437	417								■				
75	Turkish Lamb Pita Burgers	567	64	3	28	11	648	699			17			32						
Desserts																				
56	Olive Oil & Rye Chocolate Chunk Blondies	182	22	16	2	1	98	78										■		■
85	S'mores Pie	280	36	19	5	2	120	211												■

Key to Index & Nutrition Info

■ Recipes are tested in the *EatingWell* Test Kitchen by at least two people on gas and electric stoves.
■ "Active" time includes prep and time spent tending to food as it cooks and getting it to the table for serving.
■ "Total" time indicates the entire amount of time required for each recipe, start to finish.

How We Analyze Recipes
■ All recipes are analyzed for calories, total & saturated fat, cholesterol, carbohydrates, total & added sugars, protein, fiber, vitamins and minerals by a Registered Dietitian using The Food Processor® SQL Nutrition Analysis Software from ESHA Research, Salem, OR.
More info: *eatingwell.com/go/guidelines*
■ Garnishes and optional ingredients are not analyzed.
■ To help people eat in accordance with the USDA's Dietary Guidelines for Americans, *EatingWell*'s suggested portions are based on standard serving sizes. Suggested servings for meat, poultry and fish are 3 to 4 oz., cooked. Vegetable side dishes are a minimum of ½ cup. Starch-based side dishes (e.g., rice, potatoes) are also ½ cup.

Key to Column Labels
% Daily Value: Recipe provides 20% or more of the Daily Value (DV) of a nutrient for adults eating 2,000 calories/day.
45 Minutes or Less: A recipe's start-to-finish (total) time is 45 minutes or less.
Gluten-Free: No wheat, rye or barley.
Heart-Healthy: Limited saturated fat and sodium.
Low-Cal: Recipes are relatively low in calories.
Vegan: No animal products.
Vegetarian: Meatless (or meatless options listed first).

Greening Up Motor City

Meet the organization that's transforming Detroit neighborhoods, one garden at a time

By Brittany Hutson • Photo by Roy Ritchie

A City in Need At 139 square miles, Detroit is massive—big enough to fit Boston, Manhattan and San Francisco *inside* it. But ever since the city's car industry boom in the 1950s was followed by a bust that culminated with the city filing for bankruptcy in 2013, what stands out among its sprawling landscape are tens of thousands of abandoned homes and decrepit lots. Enter the Garden Resource Program (GRP). Founded in 2003, the organization's aim is to help Detroiters green up their city (and grow their own food) by providing them with the resources to plant gardens. "One of the best things about the program is that it travels by word of mouth,'" says Lindsay Pielack, co-director of Keep Growing Detroit, which oversees the GRP. "And it's continuing to reach new Detroiters."

Taking Action For a small membership fee ($15 for families and $30 for schools, communities and market gardeners) participants receive everything they need to set up and tend to a garden. This includes in-person design advice plus materials, such as seeds, vegetable transplants, compost and raised beds. And this help is in high demand: "We give about 200,000 transplants and 50,000 seed packs to gardeners throughout the year," says Akello Karamoko, a farmer and staff member at Keep Growing Detroit. Members also have access to a tool-sharing program and dozens of educational classes led by GRP staff and guest teachers, from Improving Soils for Crop Quality & Yield and Introduction to Beekeeping to Pickling & Fermentation and East African Cooking.

Growing Strong In its founding year, the GRP helped start 80 urban gardens. By 2019, that number rose to more than 1,500 gardens and farms involving 25,000 gardeners. "They've dramatically advanced the use of vacant land for agriculture," says Joel Howrani Heeres, director of Detroit's Office of Sustainability and a GRP program member himself. And Detroit's landscape isn't the only beneficiary: "We've done research with Michigan State about how gardening can impact health outcomes," Pielack says. "Half of GRP members surveyed said their garden provided the majority of fruits and vegetables they consumed during the growing season. And gardening also provided physical activity, stress relief, relaxation and a source of joy."

Akello Karamoko *(left)* and Lindsay Pielack visit the 1.5-acre urban farm in Detroit's historic Eastern Market District that grows seedlings for Garden Resource Program members.

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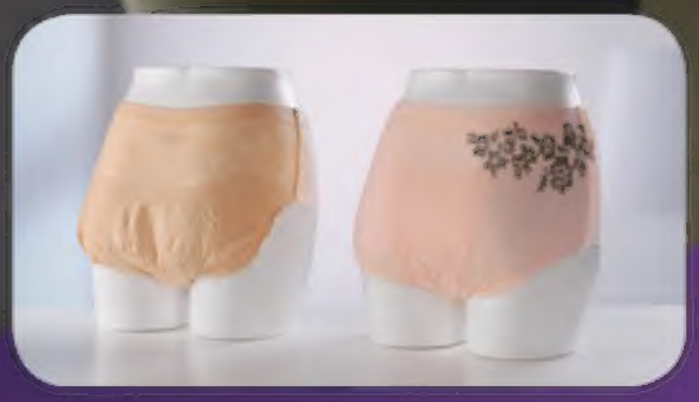

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Spanish Garlic Shrimp on Skewers

Ingredients:

2 tbsp. GOYA® Extra Virgin Olive Oil

1 tsp. GOYA® Adobo with Pepper

1 tsp. GOYA® Minced Garlic or 2 cloves garlic, finely chopped

¼ tsp. GOYA® Crushed Red Peppers

1 lb. jumbo shrimp, peeled and deveined (about 16 pieces)

1 large green and/or red bell pepper, cut in 1" pieces

1 lemon, cut into 8 slices

4 skewers

For step-by-step instructions, visit goya.com/shrimp

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